

**Public Safety and Aquatic Rescue  
Self assessment and review questions**

**Chapter 1  
Safety and wellbeing**

Candidate's name: \_\_\_\_\_

**Introduction**

The questions in this document are designed to assist candidates for the Surf Lifesaving Bronze medallion to better understand some of the information included in the 33<sup>rd</sup> edition manual, "Public Safety and Aquatic Rescue". These questions are for review and self-assessment only – they are not an assessable part of your training program.

For this section, the answers to these questions appear in Chapter 1 of the 33<sup>rd</sup> edition Bronze Manual, "Public Safety and Aquatic Rescue".

**SAFETY AND WELLBEING**

**1.1 Personal care and hygiene**

a) Name two of SLSA's responsibilities to you.

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b) Name two of your responsibilities to us.

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c) Name three items that should be in your personal hygiene kit (bum bag).

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### 1.2 Occupational Health and Safety

a) What is the name of the federal law (legislation) that ensure that employers provide a safe and healthy workplace for their employees?

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b) Name two of your OH&S responsibilities to us.

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c) Name three items that should be in your personal hygiene kit (bum bag).

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### 1.3 Lifting and carrying

a) What is the minimum number of people required for lifting an unladen IRB?

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b) Name two items that should be carried to and from the beach on a trolley or similar.

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### 1.4 Personal Injury

a) List the three steps in reporting personal injuries:

1 

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2 

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3

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**1.5 Physical health and fitness**

a) True or false: Lifesavers don't need to maintain their personal fitness levels outside of patrol season?

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b) Describe some of the reasons people become overweight.

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c) How long do blood alcohol levels remain high after drinking?

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d) True or false: Surf lifesavers are allowed to smoke while on patrol?

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e) List three ways of helping to prevent personal sun damage.

1

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2

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3

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