



# National Water Safety Management Programme

## Level 1: Water Safety Awareness Module

### Self Study Unit Questions

#### Question Paper

1. On average, how many people drown in the UK each year?
  - a) 20
  - b) 100
  - c) 450
  - d) 870
2. On average what is the range of temperature in UK waters, degrees C?
  - a) 0 to 10
  - b) 11 to 15
  - c) 4 to 25
  - d) 16 to 18
3. Which water environment is responsible for most drownings?
  - a) Coastal
  - b) River
  - c) Canals
  - d) Lakes
4. Which statement is not true?
  - a) Drowning is always fatal
  - b) Drowning can lead to brain damage
  - c) Drowning is a result of respiratory impairment
  - d) Drowning can lead to unconsciousness
5. Hypothermia is:
  - a) When the body has become overheated
  - b) A result of over exposure to the sun
  - c) A state when the core of the body has been cooled to below 35°C
  - d) A condition caused by long immersion in water
6. Which factor below is not part of the “Drowning Chain”?
  - a) Lack of experience
  - b) Uninformed, unprotected or unrestricted access
  - c) Lack of knowledge
  - d) Inability to cope
7. Cold Water Shock is?
  - a) When the body core is so cold that movement is seriously inhibited
  - b) The sensation of numbness in the extremities
  - c) Shock experienced through witnessing a drowning
  - d) The body's reaction to sudden immersion in very cold water
8. How many stages are there in Cold Water Shock?
  - a) 2
  - b) 3
  - c) 6
  - d) 9
9. In the acronym S.A.F.E., what does the S stand for?
  - a) Speed
  - b) Spot
  - c) Scan
  - d) Shock

### Question Paper

**10. What is a strainer?**

- a) A current created by an obstacle in the water course
- b) An object in the water course that filters and traps debris but let's water through
- c) Backwash
- d) Undercurrent from a weir

**11. Which of the below is not a critical factor in determining the speed of water in a channel?**

- a) Size of the water channel
- b) Gradient of the water channel
- c) Salinity of water
- d) The volume of water

**12. If someone fell through ice which of the following is not good advice?**

- a) Call for help
- b) Talk to casualty and attempt to reassure
- c) Walk over ice and attempt to pull casualty out
- d) Attempt to rescue casualty using reaching rescue

**13. Hypoxia is?**

- a) The condition caused by a collapsed lung
- b) Created by over use of oxygen in casualty treatment
- c) The term describing tissue damage in the vital organs due to a lack of oxygen
- d) The effect on the brain when the supply of oxygen is restricted

**14. Which legal instrument specifically relates to risk assessments?**

- a) Occupiers Liability
- b) Corporate Manslaughter and Corporate Homicide Act
- c) Countryside and Rights of Way Act
- d) The Management of Health and Safety at Work Regulations

**15. Which of the following is not one of the three main types of risk assessment?**

- a) Weather
- b) Generic
- c) Site/Activity Specific
- d) Dynamic

**16. Which factor is not part of the HSE five point risk assessment model?**

- a) Monitor and review
- b) Immediately stop dangerous processes
- c) Evaluate risk
- d) Identify hazards

**17. Which of the following is not a control measure?**

- a) Investigate incident records
- b) Provide danger signs
- c) Introduce a safety education campaign
- d) Provide supervision

**18. Which of the following would you not expect to find in a normal operating procedure?**

- a) Qualifications and competencies required
- b) Preventative strategies
- c) A full description of first aid treatment
- d) Communication Strategy

**19. Which type of PPE requires specialist instruction in its use?**

- e) Wetsuit
- f) Drysuit
- g) Thermal layer
- h) Sunscreen layers

**20. In the event of an emergency what is the highest priority?**

- a) Personal safety
- b) Report and Review
- c) Assess situation
- d) Immediately rescue person in difficulty in the water