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
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 lets 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