Surface Rescue Swimmer Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. What should the Level A medical kit inventory include upon transitioning?

A. Only supplies that are expired

B. Updated contents of Level A and B Medical Bags

C. Previous year's inventory

D. Emergency trauma dressings only

2. What is an important activity for surface RS personnel according to OPNAVINST 3130.6?

A. Watching videos on rescue techniques

B. Conducting proficiency training

C. Maintaining regular cycles of rest

D. Planning social events

3. To prevent back injury to the survivor, how is the survivor pulled into the rigid hull inflatable boat (RHIB)?

A. Facing inward

B. Facing outboard of the tube

C. With assistance from two rescuers

D. Using a harness

4. What are the two carries to be utilized by the RS?

A. Chest carry and shoulder carry

B. Cora's chest carry and another method

C. Back carry and arm carry

D. Overhead carry and side carry

5. What is the most common type of disentanglement situation for an aviator?

A. Entangled in fishing nets

B. Trapped in debris

C. Entangled in parachute shroud lines

D. Caught in underwater vegetation

6. When conducting a SAR mission, what is the minimum crew requirement for a rigid hull inflatable boat (RHIB)?

A. 2 personnel

B. 3 personnel

C. 4 personnel

D. 5 personnel

7. Who should deploy immediately before the parachute sinks and the boat hook snags it?

A. The Coxswain

B. The Rescue Swimmer

C. The Survivor

D. The Lifeguard

8. What is a recommended action for rescue swimmers after giving rescue breaths?

A. Wait for the survivor to respond

B. Immediately resume CPR

C. Signal for immediate recovery

D. Secure the survivor in a flotation device

9. From which side does the surface rescue swimmer deploy from on the RHIB?

A. Starboard side only

B. The bow of the vessel

C. Port or Starboard opposite of the survivor

D. The stern of the vessel

10. When does first aid for survivors begin?

A. At the location of the incident

B. In the hospital

C. Onboard the rescue boat

D. In a medical facility

Answers

1. B
2. B
3. B
4. B
5. C
6. C
7. B
8. B
9. C
10. C

Explanations

1. What should the Level A medical kit inventory include upon transitioning?

A. Only supplies that are expired

B. Updated contents of Level A and B Medical Bags

C. Previous year's inventory

D. Emergency trauma dressings only

The correct choice emphasizes the importance of ensuring that the medical kits contain current and relevant supplies needed for effective emergency response. When transitioning to a new inventory, having updated contents of both Level A and Level B medical bags is essential. This ensures that the medical responders have access to the most recent medical supplies that are necessary for treating various medical emergencies. By maintaining updated inventories, responders can be better equipped to handle any situation they may encounter during rescue operations. This includes having the latest medical supplies and equipment that may have been developed or recommended since the last transition. In contrast, focusing only on expired supplies, last year's inventory, or a limited selection of specific items would not meet the comprehensive needs required for effective medical response in various scenarios. This approach could potentially lead to inadequate care during emergencies, which underscores why an updated and thorough inventory is vital for safety and efficacy in rescue operations.

2. What is an important activity for surface RS personnel according to OPNAVINST 3130.6?

A. Watching videos on rescue techniques

B. Conducting proficiency training

C. Maintaining regular cycles of rest

D. Planning social events

Conducting proficiency training is a crucial activity for surface rescue swimmer (RS) personnel as outlined in OPNAVINST 3130.6. This training ensures that personnel are consistently honing their skills and enhancing their abilities to perform rescues effectively and safely. Proficiency training includes practicing various rescue techniques, familiarizing oneself with equipment, and engaging in realistic scenarios that simulate actual rescue operations. This ongoing training is essential for building confidence, maintaining readiness, and ensuring that rescue swimmers can perform under the pressures of real-life situations. Effective proficiency training also minimizes the risks that can arise from being out of practice, which is vital in high-stakes environments like search and rescue operations. Ensuring that all team members are up-to-date with their skills adds to the overall effectiveness and safety of rescue missions, reinforcing the importance of this training as a key component of surface rescue operations. In contrast, activities like watching videos on rescue techniques, maintaining rest cycles, or planning social events do not contribute directly to the immediate skill development and readiness required for the role of a surface rescue swimmer. Therefore, while these activities have their place in the broader context of personnel well-being and professional development, they do not meet the operational training needs specified in OPNAVINST 3130

3. To prevent back injury to the survivor, how is the survivor pulled into the rigid hull inflatable boat (RHIB)?

A. Facing inward

B. Facing outboard of the tube

C. With assistance from two rescuers

D. Using a harness

To ensure the safety and minimize the risk of back injury while pulling a survivor into a rigid hull inflatable boat (RHIB), the proper method involves positioning the survivor facing outboard of the tube. This orientation allows the survivor to be brought in without twisting their spine, which is crucial in preventing potential back injuries that could result from improper lifting techniques. By pulling the survivor into the RHIB facing outboard, it facilitates a more natural movement as they are guided into the boat while maintaining alignment of the spine. This technique also helps in distributing the weight more evenly and helps the rescuers manage the recovery more effectively, reducing the strain on both the survivor and the rescuers. Positioning the survivor in different orientations, such as facing inward, might create more of a twisting motion that could lead to injury. Additionally, while having two rescuers can assist with lifting, the primary focus should be on how the survivor is positioned during the maneuver. Using a harness could provide additional safety, but it is not the primary action that prevents back injury in this specific scenario.

4. What are the two carries to be utilized by the RS?

A. Chest carry and shoulder carry

B. Cora's chest carry and another method

C. Back carry and arm carry

D. Overhead carry and side carry

The correct choice describes two specific methods of carrying a rescue swimmer during an operation. Cora's chest carry is a recognized technique that provides a secure and stable way to transport an individual in a rescue scenario, ensuring that the swimmer can manage both the victim's weight and maintain balance during the carry. Using another method alongside Cora's chest carry emphasizes the flexibility and adaptability needed in rescue situations. The need for multiple carrying techniques is important because different conditions or types of victims may necessitate different approaches. Each method can serve a specific purpose based on factors such as the victim's condition, the environment, and the rescuer's capability. The other options mention various combinations of carrying techniques, but they do not accurately reflect the methods specifically utilized by rescue swimmers in practice or the standard terminology associated with them. Robust training often emphasizes particular techniques to ensure safety and efficiency during rescues.

5. What is the most common type of disentanglement situation for an aviator?

A. Entangled in fishing nets

B. Trapped in debris

C. Entangled in parachute shroud lines

D. Caught in underwater vegetation

The most common type of disentanglement situation for an aviator is being entangled in parachute shroud lines. This scenario typically occurs during parachute deployments where the lines can become tangled or wrapped around the aviator, especially during landing or in adverse conditions such as high winds. The behavior of parachutes and the mechanics of how shroud lines are arranged make this a frequent risk for those involved in aviation where parachute use is common, such as in military operations or skydiving. Understanding the dynamics of parachute deployment is crucial for rescue personnel, as it informs the quickest and safest methods for disentangling individuals. Recognizing that parachute shrouds can bind up quickly emphasizes the need for specialized training and protocol to effectively manage such incidents, which further aligns with the answer provided.

6. When conducting a SAR mission, what is the minimum crew requirement for a rigid hull inflatable boat (RHIB)?

A. 2 personnel

B. 3 personnel

C. 4 personnel

D. 5 personnel

The minimum crew requirement for a rigid hull inflatable boat (RHIB) during a Search and Rescue (SAR) mission is established to ensure the safety and effectiveness of rescue operations. A team of four personnel is necessary to adequately manage the multiple roles and responsibilities that arise during such missions. This crew typically comprises a coxswain who operates the vessel, a rescue swimmer trained in water rescue operations, and two additional crew members assigned to support tasks such as navigation, communications, and managing equipment. With four personnel, the team can work together efficiently, ensuring that there is always someone available to handle emergency situations, provide first aid if needed, and support the rescue swimmer in their efforts to assist those in distress. Having a larger crew, as indicated in other options, may enhance operational capability but is not a requirement for basic SAR missions. This structure allows the team to remain responsive and flexible without overextending resources, maintaining a balance between efficiency and safety in the critical conditions typical for SAR operations.

7. Who should deploy immediately before the parachute sinks and the boat hook snags it?

A. The Coxswain

B. The Rescue Swimmer

C. The Survivor

D. The Lifeguard

The Rescue Swimmer should deploy immediately before the parachute sinks and the boat hook snags it because the primary responsibility of the Rescue Swimmer is to assist and rescue individuals in distress in a water environment. The timing of the deployment is crucial, as the parachute is designed to be used in conjunction with a rescue operation. By deploying immediately, the Rescue Swimmer can ensure that they are positioned correctly to provide aid to the survivor and manage the situation effectively, before any complications arise from the parachute sinking or being caught. In rescue operations, quick and decisive action is often necessary to maximize the chances of a successful outcome. The Rescue Swimmer's specialized training equips them with the skills needed to navigate potentially hazardous conditions and respond appropriately. This includes assessing the water conditions, ensuring their own safety while performing the rescue, and being agile in reacting to changes, like the sinking of the parachute. Other roles, such as the Coxswain, Survivor, and Lifeguard, play important parts in rescue operations, but their responsibilities differ from those of the Rescue Swimmer. The Coxswain is typically focused on command and control of the vessel, while the Survivor is in need of assistance, and the Lifeguard may be involved in overseeing safety

8. What is a recommended action for rescue swimmers after giving rescue breaths?

A. Wait for the survivor to respond

B. Immediately resume CPR

C. Signal for immediate recovery

D. Secure the survivor in a flotation device

After giving rescue breaths, the recommended action for rescue swimmers is to immediately resume CPR. This is crucial because the goal of providing rescue breaths is to restore adequate breathing and circulation for the survivor. If there is no response from the survivor following the rescue breaths, it indicates that they are not breathing effectively on their own, and continuation of CPR is necessary to maintain blood flow and oxygenation to vital organs. Resuming CPR ensures that chest compressions are applied as soon as possible, which is essential, especially in cases of cardiac arrest or drowning. Timing is vital in such emergencies; every moment counts in preventing further injury or complications from lack of oxygen. Options such as waiting for the survivor to respond or signaling for immediate recovery could lead to critical delays in providing necessary medical assistance. Securing the survivor in a flotation device is not the immediate priority if their breathing has not been restored. Therefore, immediately resuming CPR is the most appropriate and lifesaving action in this scenario.

9. From which side does the surface rescue swimmer deploy from on the RHIB?

A. Starboard side only

B. The bow of the vessel

C. Port or Starboard opposite of the survivor

D. The stern of the vessel

The correct answer indicates that the surface rescue swimmer deploys from the port or starboard side opposite of the survivor. This approach maximizes safety and efficiency during a rescue operation. By deploying from the side of the RHIB that is opposite to where the survivor is located, it helps ensure that the swimmer can access the survivor more easily while minimizing the risk of the vessel interfering with the operation. This deployment strategy also allows the swimmer to maneuver effectively and use the vessel's side as a point of leverage when entering the water. Additionally, it helps maintain the safety of the RHIB, keeping it stable and clear of any potential hazards that may arise during the rescue. Choosing to deploy from the bow or stern can present challenges such as limiting the swimmer's access to the survivor or navigating around the vessel itself. Therefore, opting for the port or starboard sides offers a more optimal and effective strategy for a successful rescue operation.

10. When does first aid for survivors begin?

A. At the location of the incident

B. In the hospital

C. Onboard the rescue boat

D. In a medical facility

First aid for survivors begins onboard the rescue boat because it is the first opportunity for responders to provide immediate care following a rescue operation. This critical phase allows rescue personnel to assess the survivors' conditions, stabilize them, and perform necessary interventions to address injuries, hypothermia, or other medical issues encountered during the rescue process. Administering first aid onboard ensures that survivors receive prompt attention before they can be transported to a medical facility or hospital, where more advanced care will be provided. The boat serves as a controlled environment where qualified personnel can use available medical gear and equipment to attend to urgent needs. While initial assessment and support may still be applicable at the location of the incident, the rescue boat is typically where more structured and continuous care starts, maximizing the chances for recovery. Waiting until the survivors reach a hospital or medical facility would delay necessary interventions that could be critical to their survival and recovery.