

EVERYONE CAN BE A LIFESAVER



Royal Life Saving
ROYAL LIFE SAVING SOCIETY AUSTRALIA



Be Pool Safe

A GUIDE TO CPR

- YOUNG CHILDREN SHOULD BE SUPERVISED WHEN USING THIS SWIMMING POOL.
- POOL GATES MUST BE KEPT CLOSED AT ALL TIMES.
- KEEP ARTICLES, OBJECTS AND STRUCTURES AT LEAST 900 MILLIMETRES CLEAR OF THE POOL FENCE AT ALL TIMES.

bepoolsafe.com.au

DANGER

CHECK FOR DANGER

TO SELF • TO BYSTANDERS • TO CASUALTY • REMOVE HAZARDS

RESPONSE

CHECK FOR RESPONSE

CAN YOU HEAR ME • OPEN YOUR EYES
WHAT'S YOUR NAME • SQUEEZE MY HAND

SEND

SEND FOR HELP - CALL 000

ASK BYSTANDER TO ASSIST IF NECESSARY

AIRWAY

OPEN AIRWAY

CHECK AND CLEAR MOUTH (ON SIDE IF DROWNING OR BLOCKED)
TILT HEAD AND LIFT CHIN

BREATHING

BREATHING NORMALLY?

YES, PLACE IN RECOVERY POSITION • NO, COMMENCE CPR

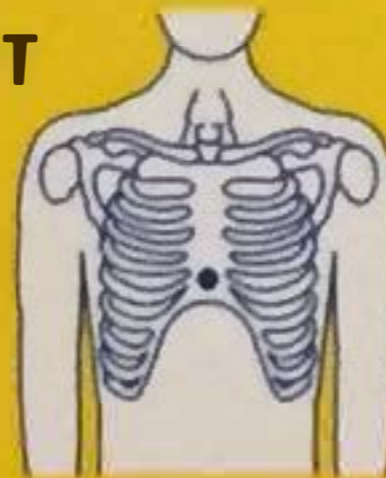
CPR

COMMENCE CPR / 30:2

30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

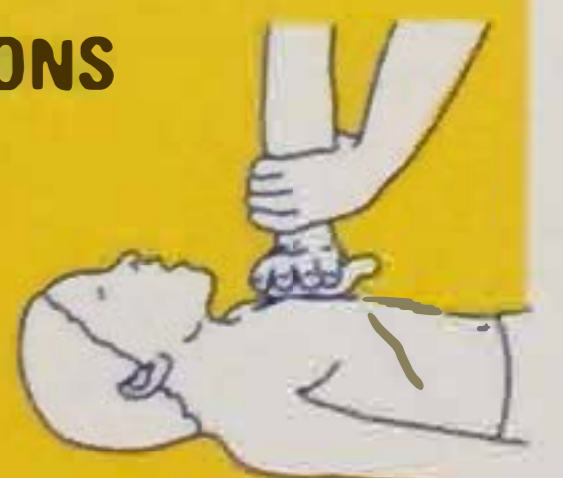
LOCATE COMPRESSION POINT

LOCATE COMPRESSION POINT ON CENTRE OF CHEST.
PLACE HEAL OF HAND ON COMPRESSION POINT, WITH THE OTHER HAND ON TOP.



CHEST COMPRESSIONS

COMPRESS 1/3 OF THE CHEST DEPTH.
30 COMPRESSIONS DELIVERED AT A RATE OF 100 PER MINUTE.



RESCUE BREATHS

TILT HEAD AND LIFT CHIN TO OPEN AIRWAY.
GIVE 2 RESCUE BREATHS.
ALLOW FOR CHEST TO RISE AND FALL.



RECOVERY POSITION

IF NORMAL BREATHING RETURNS, PLACE THE CASUALTY ON THEIR SIDE AND MAINTAIN CLEAR AIRWAY.



CONTINUE CPR AT 30 COMPRESSIONS :
2 RESCUE BREATHS UNTIL NORMAL BREATHING OR RESPONSIVENESS RETURNS.

IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS

FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD. COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS. USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE AND FOLLOW AED PROMPTS



THE INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR AQUATIC RELATED EMERGENCIES, IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.
ENROL IN A CPR COURSE AND UPDATE YOUR SKILLS ANNUALLY. © RLSSA 2015

FOR MORE INFO CALL:
1300 737 763