

CPR GUIDE

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for healthy pool people
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CALL: 1800 009 000 VISIT: www.poolwerx.com.au

FENCE THE POOL - Maintain your fence regularly and ensure that climbable items are kept away from the pool fence
SHUT THE GATE - Keep the pool gate closed at all times and ensure it's self closing
TEACH YOUR KIDS TO SWIM - Give children the confidence to swim from an early age
SUPERVISE - Always supervise young children when in the pool area
LEARN HOW TO RESUSCITATE - Enroll in a CPR course and update each year

D CHECK FOR DANGER To Self
To Others
To Patient

R CHECK FOR RESPONSE Gently squeeze the patient's hand, ask if they can hear you


S SEND FOR HELP Ask someone to call **000**

A OPEN AIRWAY Check & clear the airway
Position patient on back
Support head & clear mouth


B NORMAL BREATHING? YES: Place in recovery position
NO: Commence CPR

C COMMENCE CPR **30 COMPRESSIONS: 2 BREATHS**
Continue until expert help arrives.


LOCATE COMPRESSION POINT
Find centre of chest, place the heel of your hand on the compression point with the fingers parallel to the ribs and slightly raised. Place your other hand on top of the first.




CHEST COMPRESSIONS
Compress to approx 1/3 of depth of chest.
30 COMPRESSIONS AT A RATE OF 100 PER MINUTE



RESCUE BREATHS
Support head and jaw. A slight head tilt may be necessary to open the airway.
DELIVER 2 BREATHS ALLOWING 1 SECOND PER INHALATION.



RECOVERY POSITION
If normal breathing returns, position casualty on side.
Ensure the airway remains clear.



IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE WITH 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.

D ATTACH DEFIBRILLATOR Attach defibrillator if available and follow AED prompts



THESE INSTRUCTIONS ARE RECOMMENDED FOR AN AQUATIC RELATED EMERGENCY AND ARE NO SUBSTITUTE FOR A CPR COURSE. IN THE EVENT OF AN EMERGENCY ALWAYS CALL: 000