

# RESUSCITATION

In an emergency call triple zero (000) for an ambulance



<b>D</b> Danger	<b>Ensure the area is safe for yourself, others and the patient</b>	
<b>R</b> Response	<b>Check for Response:</b> <ul style="list-style-type: none"><li>ask name</li><li>squeeze shoulders</li></ul> <b>NO RESPONSE</b> send for help   <b>RESPONSE</b> make comfortable, monitor response	
<b>S</b> Send for help	<b>Call triple zero (000) for an ambulance</b> or ask another person to make the call	
<b>A</b> Airways	<b>Open mouth:</b> if foreign material present: <ul style="list-style-type: none"><li>place in recovery position</li><li>clear airway with finger</li></ul>	
<b>B</b> Breathing	<b>Check for breathing:</b> look, listen, feel <b>NOT NORMAL BREATHING</b> start CPR   <b>NORMAL BREATHING</b> <ul style="list-style-type: none"><li>place in recovery position</li><li>monitor breathing</li></ul>	
<b>C</b> CPR 30:2	<b>Start CPR</b> <b>30 chest compressions : 2 breaths</b> continue CPR until help arrives or patient recovers	
<b>D</b> Defibrillation	<b>Apply defibrillator</b> if available – follow voice prompts	



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 900MM CLEAR OF THE POOL FENCE AT ALL TIMES.

This information is not a substitute for first aid training. Formal instruction is essential. © St John Ambulance Australia 2011

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