

# A GUIDE TO CPR

YOUNG CHILDREN SHOULD BE ACTIVELY SUPERVISED WHEN USING THIS SWIMMING POOL.  
POOL GATES MUST BE KEPT CLOSED AT ALL TIMES.  
KEEP ARTICLES, OBJECTS AND STRUCTURES CLEAR OF THE POOL FENCE AT ALL TIMES.  
FORMAL INSTRUCTION IN RESUSCITATION IS ESSENTIAL.



ROYAL LIFE SAVING  
NEW SOUTH WALES

SCAN TO  
WATCH CPR



**D**

## CHECK FOR DANGER

To yourself, bystanders & the casualty.

**R**

## CHECK FOR RESPONSE

Squeeze their shoulders & hands, ask the casualty questions.

**S**

## SEND FOR HELP

If unresponsive, call Triple Zero (000).

**A**

## OPEN THE AIRWAY

First, check the airway is clear of obstructions. Clear if required. Then open the airway by tilting head. No head tilt for infants.

**B**

## BREATHING NORMALLY?

**NO - START CPR** (If Yes - Place casualty on their side).

**C**

## START CPR

Unresponsive & not breathing normally - **30 COMPRESSIONS & 2 BREATHS**.

CHILD & ADULT (OVER 1 YEAR)

### COMPRESSION POINT

1 or 2 hands on the centre of the chest.  
Compress 1/3 of chest depth.



### COMPRESSION RATE

Compress at a rate of  
100-120 compressions per minute



### BREATHS

Tilt head, lift chin & give breaths.  
Look for the rise & fall of the chest in between breaths.



INFANT (0-1 YEAR)

### COMPRESSION POINT

2 fingers on the centre of the chest.  
Compress 1/3 of chest depth.



### COMPRESSION RATE

Compress at a rate of  
100-120 compressions per minute



### BREATHS

Don't tilt head, keep in neutral position, support jaw, cover mouth & nose. Look for the rise & fall of the chest in between breaths.



CONTINUE CPR UNTIL RESPONSIVENESS OR NORMAL BREATHING RETURNS. IF NORMAL BREATHING RETURNS, PLACE THE CASUALTY ON THEIR SIDE & MAINTAIN AN OPEN AIRWAY. CLOSELY MONITOR THE CASUALTY.

**D**

## ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.