

EVERYONE CAN BE A LIFESAVER



Royal Life Saving
THE ROYAL LIFE SAVING SOCIETY AUSTRALIA



KEEP WATCH

WWW.KEEPWATCH.COM.AU

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

DANGER

CHECK FOR DANGER
TO SELF TO BYSTANDERS TO CASUALTY

RESPONSE

SHOUT "ARE YOU OKAY?"
SQUEEZE THE
CASUALTY'S SHOULDERS

CALL FOR HELP
ASK A BYSTANDER TO PHONE "000"
FOR AN AMBULANCE

AIRWAYS

CHECK
AND CLEAR

POSITION
CASUALTY
ON SIDE.
SUPPORT HEAD.
CHECK AND
CLEAR MOUTH.



CHECK FOR
'SIGNS OF LIFE'

UNRESPONSIVE
UNCONSCIOUS
NOT BREATHING NORMALLY
NOT MOVING

BREATHING

NO SIGNS OF LIFE

GIVE 2
RESCUE
BREATHS
TURN CASUALTY
ONTO BACK.
SUPPORT HEAD
AND JAW.
A SLIGHT HEAD
TILT MAY BE NECESSARY
TO OPEN THE AIRWAY.



SIGNS OF LIFE

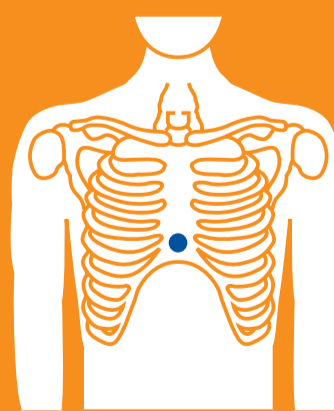
RECOVERY
POSITION
POSITION CASUALTY
ON SIDE.
ENSURE THE AIRWAY
REMAINS CLEAR.



COMPRESSION

NO IMMEDIATE SIGNS OF LIFE
COMMENCE CPR

CPR
30 COMPRESSIONS AT
A RATE OF 100 PER
MINUTE, FOLLOWED BY
2 RESCUE BREATHS.
COMPRESS TO APPROX
1/3 OF DEPTH OF CHEST.
CONTINUE UNTIL
SIGNS OF LIFE RETURN.



LOCATING COMPRESSION POINT
FIND THE CENTRE OF THE 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.



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

DEFIBRILLATION

EARLY DEFIBRILLATION

INCREASES A CASUALTY'S CHANCE OF SURVIVAL IF A DEFIBRILLATOR IS AVAILABLE ATTACH AS SOON AS POSSIBLE AND FOLLOW ITS PROMPTS.

THE INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR AQUATIC BASED EMERGENCIES, IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.

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FOR MORE INFO CALL:
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