

Call triple zero (000) in an emergency

ask for ambulance, stay with the injured person and resuscitate



1 Check for danger

Ensure safety for yourself, bystanders and casualty. If safe, remove casualty from water as soon as possible.

6 Prepare for resuscitation

Adults and children – tilt head backward. Place one hand on the forehead and use the other hand to lift the chin.
Infants <1 year – do not tilt head. Place one hand on the forehead and use the other hand to support the chin.



2 Check response

Can you hear me?
Open your eyes.
What's your name?
Squeeze my hand.

7 Start breaths

Adults and children – seal nose and give 2 breaths into mouth.
Infants <1 year – give 2 breaths into mouth and nose. Watch for chest to rise.

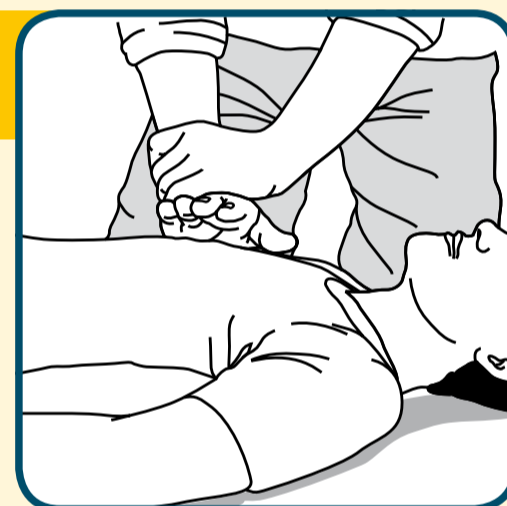


3 Clear airway

If water or vomit is present in mouth, roll casualty on side, tilt face downwards and clear mouth with your fingers.

8 Start compressions

Adults – place heel of hand in centre of chest. Place other hand on top of first.
Children 1 – 8 years – place heel of hand in centre of chest.
Infants <1 year – place 2 fingers in centre of chest. Compress 1/3 depth of chest. Compress 30 times.



4 Call triple zero (000)

Ask for an ambulance. Remain calm while answering the questions. Stay on phone until you are told to hang up.

9 Repeat breaths & compressions

Repeat 2 breaths and 30 chest compressions. Continue until ambulance arrives or person regains consciousness or it becomes impossible for you to continue.



5 Check for normal breathing

Look and feel for rising and falling chest.
Listen and feel for breath sounds.

10 Recovery

If injured person shows signs of recovery, roll onto side and check if they are breathing. Reassure the person and bystanders.

