











SANDLIFORD L501

# POOL SAFETY

**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.
- NO RUNNING IN THE POOL AREA.

<b>D</b>	<b>Dangers?</b>	CHECK FOR DANGER TO YOURSELF, THE PATIENT AND BYSTANDERS		
<b>R</b>	<b>Responsive?</b>	CHECK FOR RESPONSE BY TALK AND TOUCH		
<b>S</b>	<b>Send For Help</b>	IF UNRESPONSIVE, SEND FOR HELP BY CALLING TRIPLE ZERO (000)		
<b>A</b>	<b>Open Airway</b>	OPEN AIRWAY AND ENSURE IT IS CLEAR. IF NOT, ROLL PATIENT ONTO THEIR SIDE AND CLEAR THE AIRWAY. 		
<b>B</b>	<b>Normal Breathing</b>	<table border="1"> <tr> <td>NO SIGN OF LIFE GIVE 2 RESCUE BREATHS TURN CASUALTY ONTO BACK. SUPPORT HEAD AND JAW A SLIGHT HEAD TILT MAY BE NECESSARY TO OPEN AIRWAY. </td> <td>SIGNS OF LIFE RECOVERY POSITION POSITION CASUALTY ON SIDE ENSURE THE AIRWAY REMAINS CLEAR. </td> </tr> </table>	NO SIGN OF LIFE GIVE 2 RESCUE BREATHS TURN CASUALTY ONTO BACK. SUPPORT HEAD AND JAW A SLIGHT HEAD TILT MAY BE NECESSARY TO OPEN AIRWAY. 	SIGNS OF LIFE RECOVERY POSITION POSITION CASUALTY ON SIDE ENSURE THE AIRWAY REMAINS CLEAR. 
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<b>C</b>	<b>Start CPR</b> <small>30 Compressions - 2 Breaths</small>	<p>NO IMMEDIATE SIGNS OF LIFE COMMENCE CPR</p> <table border="1"> <tr> <td>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.</td> <td>LOCATING COMPRESSION POINT Find the centre of the chest. Place the heel of your hand on the compression point with the fingers pointing to the ribs and slightly raised. Place your other hand on top of the first. </td> </tr> </table> <p><small>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.</small></p>	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 pointing to the ribs and slightly raised. Place your other hand on top of the first. 
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<b>D</b>	<b>Attach Defibrillator (AED)</b> <small>See How to Use AEDs and 7-11 for Training</small>	ATTACH AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED) AS SOON AS IT IS AVAILABLE AND FOLLOW ITS PROMPTS.		

**Continue CPR until responsiveness or normal breathing return**

THIS INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR AQUATIC BASED EMERGENCIES, IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.  
Sandliford 1/2013