# 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.

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### **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.

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& ADULT (OVER 1 YEAR)

CHILD

FANT (0-1 YEAR)

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### **BREATHING** NORMALLY? **NO - START CPR** (If Yes – Place casualty on their side).

## START CPR

**COMPRESSION RATE** 

Compress at a rate of **100-120** compressions per minute.

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

#### **COMPRESSION POINT** 1 or 2 hands on the centre of the chest.

Compress 1/3 of chest depth.



#### **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**

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



#### **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.



