

Between the flags we SwimSafer

Be safe this summer at patrolled beaches
across the Central Coast.



Central
Coast
Council

- 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.

D

CHECK FOR DANGER?

Ensure safety for yourself, bystanders and the casualty.



R

CHECK FOR RESPONSE?

Talk and touch / Can you hear me? / What's your name?
Open your eyes / Squeeze my hand / Let it go.



S

SEND FOR HELP

Call '000' / Ask bystanders to assist.



A

OPEN THE AIRWAY

Check and clear airway. Roll on side if required to clear airway. If unresponsive - tilt head and lift chin.
No head tilt for infants.



B

NORMAL BREATHING?

Look, Listen, Feel for normal breathing.
If not breathing normally - Start CPR.
If breathing normally - Place on their side.



C

START CPR - 30:2

30 Compressions followed by 2 breaths for all ages.

- Place one hand in the centre of the chest and place your other hand on top of the first.
- Perform 30 compressions at a rate of 100-120 per minute.
- Tilt head and lift chin to open airway. Seal nostrils. Give 2 breaths, look for the rise and fall of the chest between each breath.
- If normal breathing returns or responds, place on their side.



Infants less than 1 year old - Do not tilt head.
Cover both nose and mouth for each breath.
Use 2 fingers for compressions.

D

ATTACH DEFIBRILLATOR (AED)

As soon as available and follow prompts.



Continue CPR until responsive, normal breathing returns or until professional help arrives.