

# A GUIDE TO CPR

# POOL SAFETY



Young children should be supervised when using the swimming pool.

## CHECK FOR DANGER

TO SELF, BYSTANDERS AND THE INJURED CHILD.

## CHECK FOR RESPONSE

SQUEEZE THEIR SHOULDERS AND HANDS.  
ASK THE INJURED CHILD QUESTIONS.

## SEND FOR HELP

CALL 911. ASK BYSTANDERS TO ASSIST.

## OPEN AIRWAY

CHECK AND CLEAR MOUTH (ON SIDE IF DROWNING OR BLOCKED).  
GENTLY TILT HEAD AND LIFT CHIN (NOT FOR INFANT).

## NORMAL BREATHING?

NO: START CPR.  
YES: PLACE INJURED CHILD ON THEIR SIDE.

## START CPR

UNRESPONSIVE AND NOT BREATHING -  
30 COMPRESSIONS / 2 BREATHEES.

## ATTACH DEFIBRILLATOR

IF AVAILABLE, FOLLOW PROMPTS.



Adult

press down  
↓ 2 inches



Child

press down  
↓ 2 inches



Infant

press down  
↓ 1.5 inches

Perform 30 chest compressions at a rate of 100 per minute, letting the chest rise between each



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# 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 900 MILLIMETRES CLEAR OF THE POOL FENCE AT ALL TIMES - LEARN HOW TO RESUSCITATE  
- ENROL IN A REGISTERED CPR COURSE AND UPDATE YOUR SKILLS ANNUALLY

**D**

## CHECK FOR DANGER

TO SELF, BYSTANDERS AND THE CASUALTY.

**R**

## CHECK FOR RESPONSE

SQUEEZE THEIR SHOULDERS AND HANDS.  
ASK THE CASUALTY QUESTIONS.

**S**

## SEND FOR HELP

CALL TRIPLE ZERO (000). ASK BYSTANDER TO ASSIST IF NECESSARY.

**A**

## OPEN AIRWAY

CHECK AND CLEAR MOUTH (ON SIDE IF DROWNING OR BLOCKED).  
GENTLY TILT HEAD AND LIFT CHIN (NOT FOR INFANT).

**B**

## NORMAL BREATHING?

NO - START CPR (IF YES - PLACE CASUALTY ON THEIR SIDE)

**C**

## START CPR

UNRESPONSIVE AND NOT BREATHING - 30 COMPRESSIONS / 2 BREATHS.

CHILD & ADULT  
OVER 1 YEARS



### COMPRESSIONS

1 or 2 hands on the centre of the chest, compress 1/3 of chest depth.



### BREATHS

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

INFANT  
UP TO 1 YEARS



### COMPRESSIONS

2 fingers on the centre of the chest.  
Compress 1/3 of chest depth.



### BREATHS

Don't tilt head. Keep in neutral position, support jaw, cover mouth and nose. Look for the rise and fall of the chest in between breaths.

Continue CPR until responsive or normal breathing returns. If normal breathing returns, place the casualty on their side and maintain an open airway. Closely monitor the casualty.

**D**

## ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.

