

Information Sheet

Cardiopulmonary Resuscitation (CPR) For Kids

What is Cardiopulmonary Resuscitation (CPR)?

'**Cardio**' is about the heart and '**pulmonary**' is about the lungs. '**Resuscitation**' means 'revive'. CPR is a way we can help someone in an emergency who has stopped breathing, and whose heart may have stopped beating, to stay alive.

It involves rescue breaths (known as mouth-to-mouth) and chest compressions to help pump enough blood to the brain until special medical treatment arrives (e.g. ambulance).

To provide CPR we need to follow seven steps, known as **DRSABCD**.

DANGERS?

Check for any dangers around the patient, and **ONLY** remove them if it is **safe** to do so. Remember, the most important person in any emergency is **YOU!** The next important people are **BYSTANDERS**. Once you and everyone are safe you can assist the **PATIENT**.

RESPONSIVE?

Check the patient for a response, as if you are trying to wake them up. Remember the **C.O.W.S** rule:

Can you hear me?

Open your eyes.

What is your name?

Squeeze my hands if you can hear me (put both your hands in both the patient's hands, not just one in case of injury).

If there is no response from the patient, we need to **SEND** for help.

SEND for help

Call triple zero (**000**). Don't leave the patient alone. Ask someone to help you and call 000 for an ambulance. Make sure you answer questions asked by the emergency services and you stay on the line until they tell you it is okay to hang up.

Open AIRWAY

Gently tilt the persons head back to open their airway to see if there is anything in their mouth or blocking the airway.

Place one hand on the persons forehead, and with your other hand make a pistol grip with your thumb and finger and roll remaining fingers into your hand. Place your thumb and finger on the persons jawline keeping other fingers away from their neck.

Look for anything in their mouth/airway and clear it out. This could include things like food, water, vomit, false teeth.

If there is any fluid in their mouth/airway roll them over into the **recovery position** (on their side) so it can drain out.

Once the airway is cleared, roll them back over.

Normal BREATHING?

Check if the patient is breathing. We can use the **Look! Listen! Feel!** method.

To check the patient's breathing **Listen** for air coming out of their mouth. **Feel** for warm air/breath coming out of their mouth using your cheek/hand. **Look** and **Feel** for the rise and fall of their chest.

If the patient is unconscious (not awake) and not breathing, then we need to start CPR.

Start CPR

Place the heel of your hand in the centre of the chest, on the lower half of the breastbone, and place the other hand directly on top. Lift and interlock your fingers to keep them together and using only the heel of your hand, give 30 chest compressions followed by 2 quick breaths - known as '30:2'.

Aim for 5 sets of 30:2 in about 2 minutes (if only doing compressions about 100 to 120 compressions per minute).

Attach DEFIBRILLATOR (AED)

If one is available, we need to attach an Automated External Defibrillator (AED) as soon as possible. Follow the voice prompts.

An AED machine is used to control the patient's heart and is only to be used on an unconscious patient.

If the heart rhythm stops, an AED may help it start beating again. It gives an electric charge or current to the heart to restore a normal heartbeat. You may find/see an AED machine in places like hospitals, shopping centres, schools, airports, libraries, sporting clubs, beaches and parks.

Ask an adult to help you.

Continue CPR until responsiveness or normal breathing returns.



What is a CPR sign?

A CPR sign shows basic life support information that we can easily follow in an emergency.

It is mandatory to have a CPR sign displayed in the pool/spa area.

BASIC LIFE SUPPORT

D

Dangers?

R

Responsive?

S

Send for help

A

Open Airway

B

Normal Breathing?

C

Start CPR

30 compressions : 2 breaths

D

Attach Defibrillator (AED)

as soon as available, follow prompts

Continue CPR until responsiveness or normal breathing returns



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