

**POLICY NO:** E - 005

**POLICY:** RESCUE AND RESUSCITATION SKILLS OF PARENTS AND CARERS OF CHILDREN UNDER 5 YEARS OF AGE

**ORIGINAL POLICY:** OCTOBER 1995

**LAST REVIEW DATE:** OCTOBER 2002

**REVIEW DATE:** CURRENTLY UNDER REVIEW

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## **1. INTRODUCTION**

The National Injury Surveillance Unit (Harrison & Dolinis, 1995) has identified the major categories of accidental death of 0 - 4 year old children in Australia in 1993 to include:

1. Transportation (60)
2. Drowning (55)
3. Fires, flames, scalds (17)
4. Mechanical suffocation (14)
5. Aspiration of food or other object (10)
6. Falls (6)

Parents or carers trained in rescue and resuscitation techniques would have been able to provide lifesaving help to a drowning, suffocating or choking child or a child suffering from many other injuries.

In aquatic environments, measures such as supervision and swimming pool and spa fencing should be in place to prevent the drowning from occurring in the first place but when these fail, rescue and resuscitation skills become a priority.

Training in rescue and resuscitation is readily available within the community. Once these skills are gained, they can be reinforced by the display of a CPR Step Chart in the swimming pool environment and in other strategic locations within the home. In addition, simple dry rescue equipment is easily improvised and should always be on hand near the swimming pool, eg skimmer net poles, ropes and buoyant devices.

In NSW, legislation has been enacted making it mandatory for all swimming pools, both private and public to have displayed CPR information in the immediate area.

## 2. POLICY

The Royal Life Saving Society Australia recommends that all parents and carers of children under 5 years of age undergo training in rescue and resuscitation to a minimum level of:

- Dry Rescue award; and
- Resuscitation award with emphasis on infant and child techniques.

Parents and carers are encouraged to practise these skills regularly and undertake further training to advance to higher award levels.

Parents or carers should also ensure that emergency equipment is available. Basic rescue equipment, eg skimmer net poles, ropes and buoyant devices should be provided in the swimming pool or spa environment and a weatherproof CPR Step Chart should be on display.

Any CPR Step Chart must conform to ARC Policy 9.4. July 1995

## 3. REFERENCES

Swimming Pools Act 1992 (NSW).

ARC Policy Statement Manual.

Harrison J.E. & Dolinis J. Injury Mortality Australia 1993. *Australian Injury Prevention Bulletin* Issue 10, August 1995. Adelaide: National Injury Surveillance Unit, 1995.