



RESUSCITATION

Q. What is resuscitation?

A. Resuscitation is described by the Australian Resuscitation Council (ARC) as the preservation or restoration of life by the establishment and/or maintenance of airway, breathing and circulation and related emergency care. That is, resuscitation involves stimulating the heart and breathing air into the lungs.

Q. Why should I learn resuscitation?

A. In most cases when an emergency occurs, a family member is the first on the scene. Having the skills to react in an emergency situation can mean the difference between life and death while you waiting for emergency care to arrive.

Q. What is DRABCD

A. Resuscitation training follows the simple principles of:
Danger - Check for danger, to self, to bystanders, to victim
Response - Squeeze the victim's shoulder and shout "Are you ok?"
Airway - Check and Clear, Check for 'Signs of Life'
Breathing - No 'Signs of Life' give 2 rescue breaths
Compression - No immediate 'Signs of Life' commence CPR
Defibrillation - Attach a defibrillator and follow the prompts

Q. How will I know if someone has 'Signs of Life'?

A. If a person is unconscious, unresponsive, not breathing normally, and not moving they have 'No signs of life' and CPR should be commenced immediately.

Q. Where can I learn resuscitation?

A. Royal Life Saving is one organisation that offers Resuscitation courses to the public. Courses are approximately four hours in duration and your skills should be updated annually. However, you can also do a first aid course, which provides you with a range of skills for emergency situations. Contact your nearest Royal Life Saving office on 1300 737 763 to find out when courses are available.

REAL LIFE STORY

Jane, mother of two children in rural Australia: "I had only been inside for a minute when I realised I could no longer hear my two year old. I raced outside and found him face down in the pool. I pulled him out and commenced resuscitation while I screamed for my husband to call an ambulance. Living on a rural property, it took the ambulance over 25 minutes to reach us. I had taken a resuscitation course when my children were born, always hoping I would never have to use it. During the time waiting for the ambulance I commenced resuscitation on my son who was not breathing. When the ambulance arrived my son was breathing again. Both ambulance officers and doctors said that had I not commenced resuscitation the time lapse could have meant my son would be more likely to have died or sustained a degree of brain damage."

Resuscitation is one of the four key messages in Royal Life Saving's toddler drowning prevention program, KEEP WATCH. Resuscitation is a skill every Australian should have – the life you save with this knowledge may be a loved one, and should an emergency situation arise, the precious minutes wasted before response can be a matter of life and death.

Resuscitation CHECKLIST:

- Do you have resuscitation skills?
- Are they current? (i.e. have they been updated in the last 12 months?)
- Do you have a resuscitation poster visible around the home and in the pool area?
- Do you have emergency numbers near your phone?
- Do you have directions to your house near your phone if emergency personnel need these?

Royal Life Saving has developed a number of fact sheets on water safety issues in Australia. Contact Royal Life Saving on:

1300 RESQ ME
(1300 7377 63)

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