

RESUSCITATE

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA



Q: What Is Resuscitation?

A: Resuscitation (CPR, mouth to mouth) involves stimulating the heart and breathing air into the lungs to preserve or restore life. Resuscitation involves opening or maintaining an airway, breathing and circulation.

Q: Why should I learn resuscitation?

A: Resuscitation is a skill for life. In most cases when an emergency occurs, a family member is first on the scene. In fact, many children are alive today because their parent/carer knew how to perform CPR and acted quickly.

Q: What does the law say?

A: The law varies between States and Territories. If performing CPR you are generally expected to act in good faith and without recklessness. The Australian Resuscitation Council and Royal Life Saving encourages people to provide assistance to any person in need. If you decide to help, a standard of care appropriate to your training (or lack of training) is expected.

Q: What do I need to say when I call Triple Zero (000)?

A: You should stay on the line, stay calm and answer all the questions the operator asks you. It's always good to know your location and nearest street so the ambulance can find you.

Q: What resources can help me learn CPR?

A: Royal Life Saving has a number of CPR related resources and courses available. Contact Royal Life Saving in your State or Territory for more information.

Resuscitate Checklist:

- Have you learnt CPR? Enrol in a course and practice your skills regularly
- Danger:** Check for danger to self, to others around and to the victim
- Response:** Shout 'are you ok' and gently squeeze the victim's shoulder
- Send for help:** Call or ask for a bystander to call Triple Zero (000)
- Airways:** Clear and maintain airway
- Breathing:** Look, listen and feel for breathing
- Compression:** If no signs of life, commence CPR, 30 compressions to 2 breaths
- Defibrillation:** If available, grab a defibrillator and follow the instructions

LEARN/UPDATE/ACT
ENROL AND
UPDATE ANNUALLY
JUST PUSH AND BLOW,
HAVE A GO AND AS SOON
AS POSSIBLE CALL
TRIPLE ZERO (000)

Real Life Story - CPR saves young boy's life

The importance of learning CPR has been highlighted after it helped save the life of a young boy. The young boy was walking close to the edge of the river where he lost his balance and fell into the river. The boy's father was quick on the scene, pulled the boy out of the water and began CPR while his wife called '000'.

Gradually the young boy began to gasp for air and started breathing as ambulances arrived. He has made a full recovery and his parents credit knowing CPR with saving the life of their child.

KEEP WATCH, PROTECT YOUR MOB

Contact Royal Life Saving NSW on:
02 9634 3700 or download from
www.royallifesaving.com.au

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