

FACT SHEET 05: RESUSCITATE



EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

Proudly
Supported by



NSW GOVERNMENT

SWIMMING POOL REGISTER OPEN FROM 29 APRIL 2013 – www.swimmingpoolregister.nsw.gov.au

From 29 April 2013, pool owners are required to register their backyard swimming pools in an online register to be provided by the NSW State Government. Visit the register website at www.swimmingpoolregister.nsw.gov.au and follow the easy registration steps.

Swimming pool registration is free. If you can't access the online register after 29 April 2013, your local council will be able to register on your behalf (a fee of up to \$10.00 may apply).

The Register will promote pool safety and pool compliance in response to the challenge of reducing the number of deaths and injuries to children in backyard swimming pools in NSW. The Register will provide pool owners with pool safety checklists to help them to self-assess their pool's safety. Pool owners will be asked to indicate that, to the best of their knowledge, their swimming pool complies with the Standard applicable to their pool. There may be a penalty applied to owners who fail to register a swimming pool by 29th October 2013 (penalty notice amount of \$220).

Q. WHAT IS RESUSCITATION?

A. Resuscitation or Cardio Pulmonary Resuscitation (CPR) involves stimulating the heart and breathing air into the lungs to preserve or restore life. Resuscitation involves establishing 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 the first on the scene. In fact, many children are alive today because their parents knew how to perform CPR and responded quickly. Having the skills to react in an emergency situation can mean the difference between life and death while you wait for emergency care to arrive.

Q. WHAT ARE THE LEGAL IMPLICATIONS OF DOING CPR?

A. Lay persons or volunteers acting as Good Samaritans are under no legal obligation to assist a fellow human being. However, you need not fear litigation if you come to the aid of a fellow human in need. The Australian Resuscitation Council and Royal Life Saving encourages people to provide assistance to any person in need. Having decided to assist, a standard of care appropriate to your training (or lack of training) is expected.

Q. WHAT DO I NEED TO SAY WHEN I CALL 000?

A. When you call 000 you should stay on the line, not panic and answer all the questions the operator asks you. It will be helpful to know your nearest crossroad for the ambulance.

Q. WHERE CAN I LEARN CPR?

A. Royal Life Saving is one organisation that offers CPR 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.

RESUSCITATE CHECKLIST:

- Check for danger to self, to bystanders and to victim (Danger)
- Shout "Are you ok?" and gently squeeze the victim's shoulder (Response)
- Send for help (Send)
- Clear and maintain airway (Airway)
- Look, listen and feel for breathing (Breathing)
- If no signs of life, commence CPR (Compression)
- If available, grab a defibrillator and follow the prompts (Defibrillation)

To download all the fact sheets on water safety, please visit:
swimmingpoolregister.nsw.gov.au
or call **02 9634 3700**



NSW GOVERNMENT

In Partnership with



REAL LIFE STORY - CPR: A REAL LIFE SAVER

In February 2008, knowing CPR helped one husband and wife save their two children from drowning. While their parents were momentarily distracted while visiting relatives, the couple's two sons made their way into a backyard swimming pool. After a relative raised the alarm, the boys were found pale and unconscious.

Each parent immediately began performing CPR on the boys and they each vomited up water. Gradually the boys began to gasp for air and started breathing as ambulances arrived. They have since made a full recovery and the parents credit knowing CPR with saving the lives of their boys.