

Information Sheet

Cardiopulmonary Resuscitation (CPR)

What is Cardiopulmonary Resuscitation (CPR)?

'**Cardio**' is about the heart and '**pulmonary**' is about the lungs. '**Resuscitation**' means 'revive'.

CPR is an emergency lifesaving procedure that is performed when someone's breathing or heartbeat has stopped. This may happen after a medical emergency, such as an electric shock, heart attack or drowning.

It involves rescue breaths (mouth-to-mouth) and chest compressions to temporarily pump enough blood to the brain until specialised medical treatment is available.

CPR is used to maintain adequate blood circulation to keep brain function going in an unconscious person. If the person is not responding, has no pulse and is not breathing normally then CPR should be administered.

Before resuscitation is performed, there are a few steps that need to be followed known as the **DRSABCD** emergency action plan which involves seven steps:

DRSABCD

DANGERS?

Check for any dangers in the immediate vicinity which could be a risk to yourself, bystanders, or cause further injury to the casualty, and **ONLY** remove them if it is **safe** to do so. Remember, **YOU** are the most important person in an emergency.

RESPONSIVE?

Check if the casualty is responsive.

Remember **C.O.W.S** asking:

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 casualty's hands, not just one in case of injury).

If the person is not responding continue to the next step.

SEND for help

Call triple zero (**000**) for an ambulance. Do not leave the casualty. Ask for assistance and have someone else make the call. Answer questions asked by emergency services and stay on the line until they advise you to hang up.

Open AIRWAY

Open the airway to see if there is anything obstructing the airway or in the mouth, by tilting the head back slightly and clearing any obstructions. **Airway takes precedence over all other injuries (preventing Asphyxia – deprived of oxygen)**. Roll the casualty into the recovery position (on their side) if any fluid is present. Once the airway is cleared, roll them back over.

Normal BREATHING?

Check if the casualty is breathing, using the **Look! Listen! Feel!** method.

Lean over the casualty with your ear over their face – **Look** for their chest rising and falling.

Listen for any warm air/breath from their mouth, while placing your hand on their chest to **Feel** for any rise and fall.

If they are not breathing or have abnormal breathing, then proceed to the next step.

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

Depth of compressions:

- Adult 5-6cm
- Child 5cm
- Infant 4cm.

Attach DEFIBRILLATOR (AED)

If one is available, and as soon as possible, attach an Automated External Defibrillator (AED) and follow the voice prompts.

Continue CPR until responsive or normal breathing returns.

Remember! Any attempt at CPR is better than none at all.

What is a CPR sign?

CPR signs must show basic life support information that you can easily follow at a quick glance in an emergency.



Do you need to have a CPR sign near your swimming pool/spa?

If you are a pool/spa owner, it is mandatory to have a CPR sign displayed in the pool/spa area, which must adhere to the below requirements.

The sign must:

- be attached to the pool/spa fence or barrier, or displayed near the pool/spa so the sign is conspicuous and easily visible to anyone near the pool/spa
- be at least 300mm x 300mm in size
- be made of durable and weatherproof material
- each diagram or letter on the sign must be durable, legible and clearly visible
- include a prominent statement explaining to anyone reading the sign how to act in an emergency (e.g. call 000 for an ambulance, stay with the injured person and providing first aid)
- comply with the [Australian Resuscitation Council's resuscitation guidelines](#).

Which CPR sign must be displayed?

CPR signs must display how to execute CPR in accordance with the technique found in the [ANZCOR Guideline 8 – Cardiopulmonary Resuscitation](#), which was published by the Australian Resuscitation Council (ARC) in January 2016.

Once the sign is no longer readable then it must be replaced and comply with the [ANZCOR Guideline 8 – Cardiopulmonary Resuscitation](#).

Further information?

- [Requirements for CPR signs](#) from the Queensland Building and Construction Commission (QBCC)
- [Pool safety standard](#) information from the QBCC
- [Pool or spa registration](#) on the Department of Housing and Public Works website.

For further information, please contact Ipswich City Council's SEAL Pool Safety Team on (07) 3810 6120, email poolsprogram@ipswich.qld.gov.au or visit ipswich.qld.gov.au/SEAL

References

- Anzcor.org/assets/Uploads/Basic-Life-Support-August-2023-1-v3.pdf
- Anzcor.org/home/basic-life-support/guideline-8-cardiopulmonary-resuscitation-cpr
- Qbcc.qld.gov.au/your-property/swimming-pools/pool-safety-standard
- Qbcc.qld.gov.au/your-property/swimming-pools/pool-safety-standard/cpr-signs
- Qld.gov.au/housing/buying-owning-home/pool-safety
- Resus.org.au/guidelines

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