

Fact 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 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 specialized medical treatment is available.

If the patient is not responding, has no pulse and is not breathing normally then CPR should be administered.

You can use the **DRSABCD** Emergency Action Plan as a guide.

DRSABCD Emergency Action Plan

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 they have an injury).

If there is no response from the casualty, we need to **SEND** for help **IMMEDIATELY!**



SEND for help

Call triple zero (**000**) for an ambulance.

Do not leave the casualty alone.

Ask for assistance and have another person 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 by placing one hand on the person's forehead, and with your other hand, make a pistol grip (using



your thumb and finger and rolling fingers into your hand).

While gripping the casualty's jawline and keeping fingers away from their neck, gently tilt the casualty's head back slightly and clear anything obstructing the airway or in their mouth. This could include food, water, vomit or false teeth.

Roll the casualty into the **recovery position** (on their side) and check if any fluid is present. Once the airway is cleared, roll them back over.



The airway takes precedence over all other injuries – preventing **Asphyxia** (caused by a severe lack of oxygen).

Normal BREATHING

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

To check their breathing, lean over them to **Listen** and **Feel** for any air/breath coming out of their mouth by using your ear/cheek to hear and feel.

While placing your hand on their chest, **Look** and **Feel** for the rise and fall of the chest.

If they are not breathing or have abnormal breathing, then commence CPR.



Start CPR

Place the heel of your hand in the centre of the chest (lower half of the sternum - also known as the breastbone), and the other hand directly on top.

Lift and interlock your fingers to keep them together. Position shoulders directly over your hands with straight arms and using the heel of your hand, **push hard and fast!**

Give 30 chest compressions followed by 2 quick breaths – known as '30:2'.

Rate: 100 to 120 compressions per minute.

Ratio of compressions to ventilations (breaths) – 30:2.

Depth of compressions:

- Adults 5-6cm
- Child 5cm
- Infant 4cm



Attach DEFIBRILLATOR (AED)

If one is available, we need to attach an Automated External Defibrillator (AED) **as soon as possible** and follow the voice prompts for instructions.

An AED machine is used to control the casualty's heart and is only to be used on an unconscious casualty.

If the heart rhythm stops, an AED may help it start beating again. It gives an electric charge or current to the heart to restore a normal heartbeat.

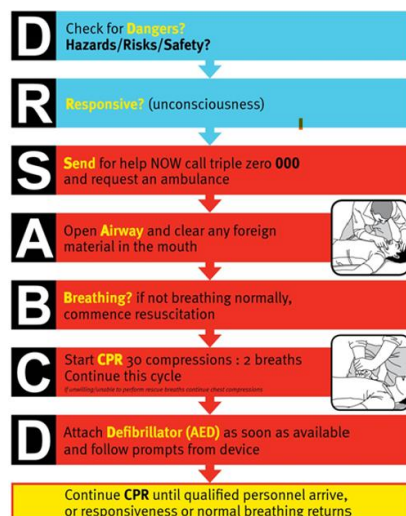


Continue CPR until responsive, normal breathing returns or medical help (Ambulance) arrives.

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

What is a CPR sign

A CPR Sign shows [basic life support information](#) that we can easily follow in an emergency.



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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 provide first aid).
- Once the sign is no longer readable then it must be replaced **immediately** and comply with the [Australian Resuscitation Council's resuscitation guidelines](#).
- Display how to execute CPR in accordance with the [ANZCOR Guideline 8 - Cardiopulmonary Resuscitation](#), published by the Australian Resuscitation Council (ARC)

Further information

- Requirements for CPR signs, information for Pool and Spa safety standard and how to register a pool or spa is available from the [Queensland Building and Construction Commission](#) (QBCC).

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 for more information.