

# Fact Sheet

## Cardiopulmonary Resuscitation (CPR) For Kids

### What is Cardiopulmonary Resuscitation (CPR)?

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

CPR is a way we can help someone in an emergency who has stopped breathing, and whose heart may have stopped beating, to stay alive.

It involves rescue breaths (known as mouth-to-mouth) and chest compressions to help pump enough blood to the brain until special medical treatment arrives (e.g. ambulance).

We can give CPR by following a few simple steps known as the **DRSABCD** Emergency Action Plan.

### DRSABCD Emergency Action Plan

#### DANGERS

Check for any dangers around the patient, and **ONLY** remove them if it is **safe** to do so. Remember, the most important person in any emergency is **YOU!** The next important people are **BYSTANDERS**. Once you and everyone are safe you can assist the **PATIENT**.

#### RESPONSIVE

Check the patient for a response, as if you are trying to wake them up.

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 patient's hands, not just one in case they have an injury).

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

#### SEND for help

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

Do not leave the patient alone.

Ask for help 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

See if there is anything blocking the patient's airway or in their mouth.

To do this, place one hand on the patient's forehead,

and with your other hand, make a pistol grip (using your thumb and finger and rolling fingers into your hand).

Grip the patient's jawline with your pistol grip keeping fingers away from their neck and gently tilt the patient's head back slightly.



Look for anything in their mouth/airway and clear it out. This could include things like food, water, vomit or false teeth.

Roll the patient over into the **recovery position** (on their side) to see if there is any fluid in their mouth/airway so it can drain out. Once the airway is cleared, roll them back over.



**The airway takes priority over any other injuries** to prevent a lack of oxygen.

#### Normal BREATHING

Check if the patient 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 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 not breathing properly, then commence CPR.



## Start CPR

Place the heel of your hand in the centre of the chest (lower half of the breastbone) and the other hand 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

Ratios of compressions to 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 patient's heart and is only to be used on an unconscious patient.

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.



You may find/see an AED machine in places like hospitals, shopping centres, schools, airports, libraries, sporting clubs, beaches, and parks.

Ask an adult to help you.

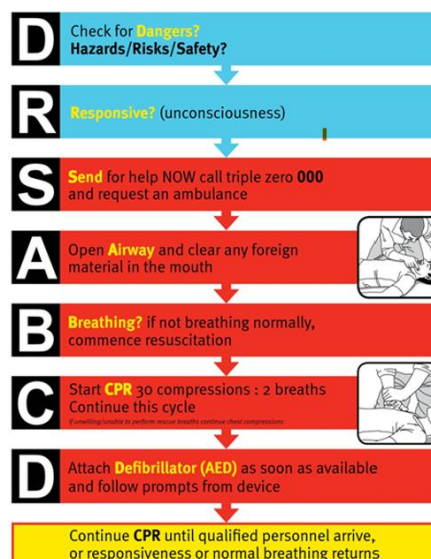
**Continue CPR until responsive, normal breathing returns or medical help (Ambulance) arrives.**

**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.



If you have a pool or spa, it is compulsory to have a CPR sign always displayed in the pool/spa area.

- The sign must be attached to the pool/spa fence, so it is easy for anyone to see and read.
- If the sign can't be seen or read easily, then it must be replaced **immediately!**

Let an Adult know to replace it!

## 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](mailto:poolsprogram@ipswich.qld.gov.au) or visit [ipswich.qld.gov.au/SEAL](http://ipswich.qld.gov.au/SEAL) for more information.

The information contained in this document is general in nature, and before relying on the material in any important matters, users should carefully evaluate its accuracy, currency, completeness and relevance for their purpose. This document is not intended as a substitute for consulting the relevant legislation or for obtaining appropriate professional advice relevant to your particular circumstances. The Ipswich City Council does not accept responsibility or liability for any loss, damage, cost or expense incurred as a result of the use of, or reliance on, information contained in this document. These guidelines are not intended to be, and should not be relied upon as, the ultimate and complete source of information on swimming pools and spas of a dwelling.