

KEEP 
WATCH
TO PREVENT DROWNING



ROYAL LIFE SAVING
WESTERN AUSTRALIA

HEART BEAT CLUB CERTIFICATE

AWARDED TO

For participation in the Heart Beat Club Presentation and gaining an understanding of basic first aid and resuscitation to babies and toddlers in and around the home or when around water.

AUTHORISED BY

DATE

Royal Life Saving Society – WA

12 McGillivray Road, Mount Claremont WA 6010

Phone: (08) 9383 8200

Email: info@royallifesavingwa.com.au

royallifesavingwa.com.au

TOPICS COVERED IN THE HEART BEAT CLUB PRESENTATION

Toddler Drowning
Prevention
How to call for help
Emergency Care procedure
Resuscitation
Choking
Shock
Transport Injuries
Poisoning
Falls
Drowning
Burns
Croup

D

CHECK FOR DANGER

To yourself, bystanders & the casualty.

R

CHECK FOR RESPONSE

Squeeze their shoulders & hands, ask the casualty questions.

S

SEND FOR HELP

If unresponsive, call Triple Zero (000).

A

OPEN THE AIRWAY

First, check the airway is clear of obstructions. Clear if required. Then open the airway by tilting head. No head tilt for infants.

B

BREATHING NORMALLY?

NO - START CPR (If Yes - Place casualty on their side).

C

START CPR

Unresponsive & not breathing normally - **30 COMPRESSIONS & 2 BREATHS.**

CHILD & ADULT (OVER 1 YEAR)

COMPRESSION POINT

1 or 2 hands on the centre of the chest.
Compress **1/3** of chest depth.



COMPRESSION RATE

Compress at a rate of **100-120** compressions per minute.



BREATHS

Tilt head, lift chin & give breaths.
Look for the rise & fall of the chest in between breaths.



INFANT (0-1 YEAR)

COMPRESSION POINT

2 fingers on the centre of the chest.
Compress **1/3** of chest depth.



COMPRESSION RATE

Compress at a rate of **100-120** compressions per minute.



BREATHS

Don't tilt head, keep in **neutral position**, support jaw, cover mouth & nose. Look for the rise & fall of the chest in between breaths.



CONTINUE CPR UNTIL RESPONSIVENESS OR NORMAL BREATHING RETURNS. IF NORMAL BREATHING RETURNS, PLACE THE CASUALTY ON THEIR SIDE & MAINTAIN AN OPEN AIRWAY. CLOSELY MONITOR THE CASUALTY.

D

ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.

If you are interested in learning more, or to gain a formal certification, enrol in a CPR or First aid course today at:

royallifesavingwa.com.au



ROYAL LIFE SAVING
WESTERN AUSTRALIA