

FOLLOWING A RESCUE



WATER INSIGHT, SAFETY & EDUCATION





After someone is rescued from the water, emergency help must be called immediately. Do not wait to phone **112 or 999**. When you are doing this, check the casualty's condition and report these facts to the emergency dispatcher you speak to:

- **Are they breathing?**
- **Have they a pulse? (Check at the pulse point on their neck or wrist)**
- **Are their eyes open?**
- **Are they responsive – can they tell you their name?**

If they are not responding and breathing, you need to do CPR. This is to keep oxygen supplied to their brain and vital organs – this is usually the heart's job but if it's not doing it, then we have to step in. This is essential - if this isn't done, brain damage or death can occur very quickly.

HOW TO GIVE CPR

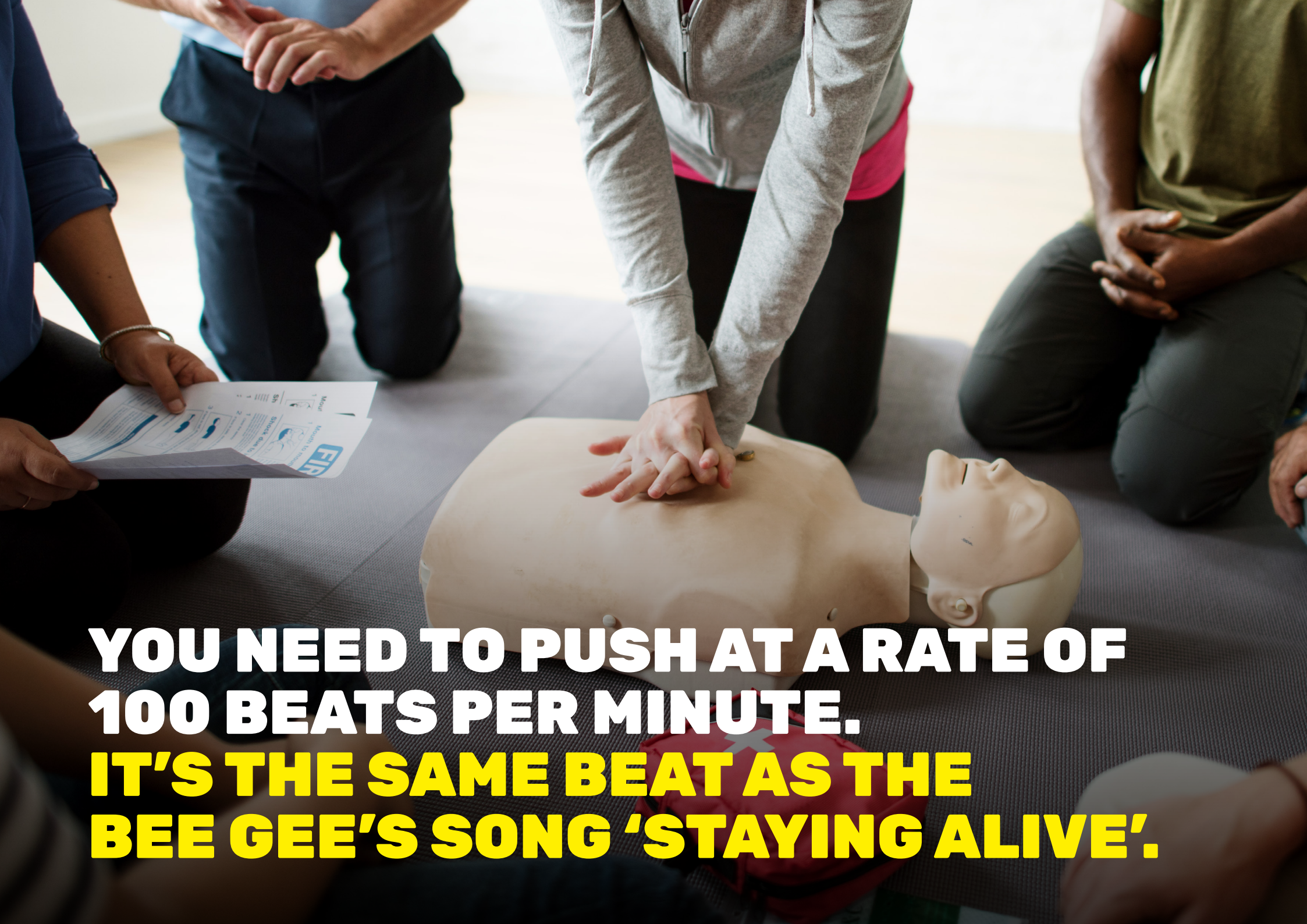
CPR stands for Cardiopulmonary Resuscitation. It means pushing on the person's chest to do the work that their heart should be doing. Pushing forces blood, which carries vital oxygen, into the brain to keep it alive.

Do the following:

- Ensure the person is lying flat on their back on the ground.
- Kneel closely beside them and place one hand on top of the other in the centre of their chest, keeping your arms straight.
- Start compressions hard and fast, pushing down at least 2 inches (5cm) on the centre of the chest.
- You need to push at a rate of 100 beats per minute. It's the same beat as the Bee Gee's song 'Staying Alive'.

If you are willing to give breaths, give 30 compressions followed by blowing 2 breaths into the patient's mouth. Continue this until help arrives.





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USING A DEFIBRILLATOR

An Automated External Defibrillator (AED) is a machine that checks to see if there's a heartbeat and gives a controlled electric shock if necessary.

If a defibrillator is available, it will have instructions on how to use it printed on it.

Follow these instructions exactly.

KEY TIP 1

Learn how to switch on your phone's speaker. With this, you can immediately start providing Hands-Only CPR while calling for help and talking to the dispatcher.

KEY TIP 2

Switch on Google Maps on your phone, then press the blue dot that marks where you are. Your exact location's co-ordinates will appear in the information box. Press the Share symbol so the dispatcher can see these.

FOLLOWING THE RESCUE - IF THEY ARE AWAKE AND BREATHING

There are some important steps to take even if the casualty is breathing and awake. As there's a danger that they may vomit, make sure they are on their side. If they're not, they could choke if they get sick.

They should also be kept warm, especially if they have been in cold water. Cover them with a towel, a coat or whatever is available. However, you should not give them anything to drink or eat.

Remember that they have had a frightening experience. Reassure them and stay with them until help arrives.





- 1 LEARN WHEN CPR IS NECESSARY AND HOW TO GIVE IT.**
- 2 BE ABLE TO REPORT A CASUALTY'S CONDITION CLEARLY.**
- 3 KNOW YOUR EXACT LOCATION.**
- 4 KNOW WHERE THE NEAREST DEFIBRILLATORS IS LOCATED.**



REAL LIFE EMERGENCIES

Watch Video 1, 2 and 3 which talk about and show real life emergencies. Then answer the questions below which apply to all three of the videos:

VIDEO 1: *Geraldine and Derek Bolger explain how the immediate actions of Geraldine and CPR saved Derek's life. Could you have responded as well as Geraldine did?*

VIDEO 2: *Lifeguards on Bondi Beach in Sydney, Australia react to a middle-aged man having a heart attack. This shows the exact steps that need to be taken before emergency help arrives.*

VIDEO 3: *Another video from Bondi follows the lifeguards as they respond to an apparently lifeless 20 year-old. Although they don't know what happened, they take all the right steps.*

RISK ASSESSMENT:

- In each case, what would have happened if the casualties hadn't been helped immediately?
- Did they all seem like the sort of people who might need CPR?
- How were they checked to see if they needed help?

ABILITY ANALYSIS:

- Why did everything turn out OK?
- Could any of these steps have been skipped?
- Did the defibrillator seem complicated to use?
- Having seen these videos, would you be more likely to help if you came across a similar problem?