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# SUPERVISED CHILDREN NEVER DROWN

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**BE PREPARED  
BE CLOSE  
ALL OF YOUR ATTENTION  
ALL OF THE TIME!**

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Contact your local Council or visit:  
[bepoolsafe.com.au](http://bepoolsafe.com.au)  
[swimmingpoolregister.nsw.gov.au](http://swimmingpoolregister.nsw.gov.au)





..... LEARNING TO SWIM IS GREAT .....

# BUT YOU CAN'T DROWNPROOF A CHILD!

.....  
SUPERVISE. CREATE RULES. LEARN RESUSCITATION.  
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# ..... RESULT? ..... DEVASTATION

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ARE THE LATCHES WORKING PROPERLY?  
DOES IT CLOSE FIRST TIME, EVERY TIME?

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CHECK THE FENCE AND GATE NOW!

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# NO CPR CHART? YOU'RE BREAKING THE LAW!

EVERYONE CAN BE A LIFESAVER

**Royal Life Saving**  
ROYAL LIFE SAVING SOCIETY AUSTRALIA



A GUIDE TO CPR

**KEEP WATCH**

[WWW.KEEPWATCH.COM.AU](http://WWW.KEEPWATCH.COM.AU)

- YOUNG CHILDREN SHOULD BE SUPERVISED WHEN USING THIS SWIMMING POOL.
- POOL GATES ARE TO BE KEPT CLOSED AT ALL TIMES.
- KEEP ARTICLES, OBJECTS AND STRUCTURES AT LEAST 900 MILLIMETRES CLEAR OF THE POOL FENCE AT ALL TIMES.

**DANGER**

**CHECK FOR DANGER**  
TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

**RESPONSE**

**CHECK FOR RESPONSE**  
CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME  
SQUEEZE MY HAND / PLEASE LET GO

**SEND**

**SEND FOR HELP**  
CALL OR ASK A BYSTANDER TO PHONE '000'

**AIRWAY**

**OPEN AIRWAY**  
CHECK AND CLEAR / POSITION CASUALTY ON BACK  
SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

**BREATHING**

**BREATHING NORMALLY?**  
YES, PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

**CPR**

**COMMENCE CPR / 30:2**  
GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

**LOCATE COMPRESSION POINT**  
FIND THE CENTRE OF THE CHEST.  
PLACE THE HEEL OF YOUR HAND ON THE COMPRESSION POINT WITH THE FINGERS PARALLEL TO THE RIBS AND SLIGHTLY RAISED.  
PLACE YOUR OTHER HAND ON TOP OF THE FIRST.



**CHEST COMPRESSIONS**  
COMPRESS TO APPROX 1/3 OF DEPTH OF CHEST.  
30 COMPRESSIONS AT A RATE OF 100 PER MINUTE.



**RESCUE BREATHS**  
SUPPORT HEAD AND JAW. A SLIGHT HEAD TILT MAY BE NECESSARY TO OPEN THE AIRWAY.  
DELIVER 2 BREATHS ALLOWING 1 SECOND PER INHALATION.



**RECOVERY POSITION**  
IF NORMAL BREATHING RETURNS, POSITION CASUALTY ON SIDE. ENSURE THE AIRWAY REMAINS CLEAR.



IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS.

FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD. COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS. USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

**DEFIBRILLATION**

**ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE**  
FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS OF NORMAL BREATHING AND RESPONSIVENESS RETURN



THE INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR AQUATIC RELATED EMERGENCIES, IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.  
ENROL IN A CPR COURSE AND UPDATE YOUR SKILLS ANNUALLY. © RLSSA 2012

**FOR MORE INFO CALL:**  
**1300 737 763**

ALL SWIMMING POOLS ARE REQUIRED  
TO HAVE A CPR CHART DISPLAYED  
WITHIN THE SWIMMING POOL AREA

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..... ACTIVE SUPERVISION SAVES LIVES .....

# ARE YOU REALLY, REALLY SUPERVISING?

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ALL OF THE TIME!**

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# MOST CHILDREN DROWN AS A RESULT OF HUMAN OVERSIGHT



## CHECK IT. FIX IT. WATCH IT.

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# WHY DO CHILDREN DROWN IN SWIMMING POOLS?

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## CLOSE THE GATE EVERY, EVERY TIME! ALWAYS ACTIVELY SUPERVISE

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