



A Christmas safety message from St John Ambulance

In recent months, we have heard many tragic stories of children and adults drowning, especially in back yard swimming pools and popular fishing areas. BE AWARE of young children in your group and at your Christmas and new years parties. Have a designated adult supervising pool activities at all times. In addition, it is vitally important that people are aware of what to do in the event of a drowning emergency.

CEO, Margaret Morton makes the following statements “St John aims to provide people with essential life saving skills. Knowing what to do in the event of a drowning emergency can mean the difference between life and death. Learning CPR can save a life—and the life you save might be that of a loved one over this summer break”.

In the event of an emergency, call 000 for an ambulance and follow the DRABCD Action Plan:

D check for DANGER

- to you
- to others
- to casualty

R check RESPONSE

- is casualty conscious?
- is casualty unconscious?

A check AIRWAY

- is airway clear of objects?
- is airway open?

B check for BREATHING

- is chest rising and falling?
- can you hear or feel air from mouth or nose?
- if no breathing, give 2 initial breaths

C give CPR











- if no signs of life—unconscious, not breathing and not moving, start CPR
- CPR involves giving 30 compressions at a rate of approximately 100 compressions per minute followed by 2 breaths.

D apply a DEFIBRILLATOR (if available)

- follow voice prompts

Please print the following St John Resuscitation chart and keep it for your reference over the holiday season. Remember, this is not a substitute for first aid training. Please contact St John for further information on training and first aid kits. We hope you have a safe and happy Christmas.

Resuscitation

DANGER	Check for Danger	To self, others and casualty
RESPONSE	Check for Response	 <p>Ask casualty's name Gently squeeze shoulders</p>
	<p>No Response</p> <p>Response Make comfortable, monitor signs of life</p>	 <p>Open mouth—look for foreign material</p>
AIRWAY	No foreign material	 <p>Leave on back Open airway</p>
	Foreign material in mouth	 <p>Recovery position Open and clear airway</p>
BREATHING	Check for Breathing	 <p>Look, listen, feel for breathing</p>
	<p>NOT Breathing</p> <p>Breathing Place in recovery position, monitor signs of life</p>	 <p>Call 000 for an ambulance Give 2 initial breaths Check for signs of life</p>
CPR	<p>No signs of life Unconscious, not breathing, not moving</p>	<p>Start CPR, 30 compressions 2 breaths Continue CPR (30:2) until help arrives or casualty recovers</p>
	<p>Adult</p>  <p>Child</p>  <p>Baby</p> 	
DEFIBRILLATION	Apply defibrillator (if available)	 <p>Follow voice prompts</p>

