# CPR for Drowning Protocol Sheet

**Drowning event** | **Single rescuer** | **Phone around the corner** | **Casualty is unresponsive and not breathing effectively**
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## Accident Procedure | Rescue Sequence
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### A Assess

- Environmental dangers.
- Cross contamination dangers.

Stop. Look. Consider personal protection.

### Alert

- Check for an alert response. **No response**

Shout command/question & touch shoulders. Shout for HELP.

### Airway

- Open airway. Maintain airway.

Head tilt & chin lift using finger tips under point of casualty’s chin. Keep head tilted & chin lifted as before.

## B Breathing

**Breathing absent or not normal**

- Perform emergency breathing.

Is breathing normal? Look. Listen. Feel. (no more than 10 seconds)

- Pinch nose. Open mouth. Chin lift maintained.

Perform 5 breaths of 1 second letting chest fall between breaths.

### C CPR

- CPR for approximately 1 minute.

30 compressions. 2 breaths.

- Begin chest compressions.

30 compressions. 2 breaths.

- Find correct hand position.

30 compressions. 2 breaths.

- Find best compression position.

- Begin chest compressions.

30 compressions.

- Get HELP. Return & ensure safety for all.

30 compressions. 2 breaths.

- Phone for HELP. Ask if AED is available on site.

Continuously (30:2).

- Efficient CPR.

Action for vomit (teaching option).

Always be ready to deal with vomiting.

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When to stop CPR? Discuss

Student Name (Print): ___________________________

Sequence Completed? (Circle): YES NO

Witnessed by (signature): ___________________________

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Trainer/Internal Assessor use only:

Signature: ___________________________

Date: ___________________________

Trainer (IA) to sign when they have observed the candidate performing sequence unprompted & without omissions or errors.