

CPR for Drowning – No Phone Available & No AED

Suspected drowning. Single rescuer with no phone. No AED available. Casualty is unresponsive and not breathing normally.

Accident procedure		Rescue sequence	✓
A	Assess	Stop. Look. Consider personal protection.	
	Alert?	Shout question/command and touch shoulders. No response – shout for assistance.	
	Airway	Head tilt and chin lift using finger tips under point of casualty's chin. Keep head tilted and chin lifted as before.	
B	Breathing?	Look. Listen. Feel. Whilst keeping airway open, for no more than 10 seconds. Breathing absent or not normal.	
C	CPR	Head tilt and chin lift maintained. Pinch nose. Attempt 5 breaths of 1 second.	
		Press down in the centre of the chest to a depth of 5 – 6 cm. 30 compressions. Rate 100 – 120 per minute.	
		2 more breaths. 30 more compressions. 2 more breaths. 30 more compressions.	
		Leave casualty to phone emergency services. Once the phone call has been made, ask if an AED is available nearby that can be fetched. Return safely to the casualty.	
		30 compressions. 2 breaths. Continue CPR cycles.	
		For any signs of vomiting – roll casualty into a draining position.	

When to stop CPR? Discuss.

Candidate name (print): _____

Witnessed by (signature): _____