

Poole Divers Resuscitation Chart



Danger

- LOOK for any DANGER – DO NOT put yourself or others at risk!
Remember to wear the gloves from your First Aid Kit!

Response

- Gently shake the shoulders of the casualty and ask them loudly “are you ok?” *DO NOT leave the casualty at this stage though!*

Airway

- OPEN the AIRWAY by tilting the head back and lifting the chin up.
This lifts the tongue from the back of the throat – “It stops them swallowing it!”

Breathing

- LOOK LISTEN and FEEL for NORMAL BREATHING
For a maximum of 10 seconds
If there is NO BREATHING or IF YOU ARE UNSURE - Call 999/112 NOW and START CPR

CPR (**Cardio Pulmonary Resuscitation**)

- Place your hands one on top of the other now place them in the centre of the casualty’s chest
- Now press up and down (*4 to 5cm*) 30 times (*Chest Compressions*)
- Next give 2 Breaths (*Mouth to Mouth*)
- Continue giving 30 Chest Compressions to every 2 Breaths
- **DO NOT STOP** until Qualified Help arrives or the casualty Starts to breathe NORMALLY again