

PLd [2]

CPR for Drowning Casualty Protocol Sheet

Drowning event Single rescuer Casualty, unresponsive and not breathing effectively

Accident Procedure		Rescue Sequence		✓
A	Assess	Environmental dangers Cross contamination dangers Alert response? No response	Stop Look Consider personal protection Shout command/question Touch/squeeze shoulders Shout for HELP	
	Airway	Open airway Maintain airway	Head tilt Look in mouth Lift chin Keep head tilted & chin lifted	
B	Breathing	Is breathing normal? Breathing absent or agonal	Look Listen Feel (for no more than 10 sec) Pinch nose Open mouth Chin lift maintained First breath 1 sec Let chest fall Perform further 4 breaths (5 in total)	
C	CPR	Find correct hand position Find best compression position Chest compressions Correct rate of compression	Heel of hand in centre of chest Fingers interlocked or hands crossed Arms straight & vertical Depth 5 - 6cms 30 compressions Rate 100 – 120 per min	
		CPR 2 further cycles (3 in total) About 1 minute	2 breaths 30 compressions 2 breaths 30 compressions ratio	
		Go for HELP Return ensure safety for all	Phone for Help Ask for AED Stop Look	
		CPR Continue with CPR Always be prepared for Action for Vomit	30 chest compressions 2 breaths Continuously Action for Vomit (teaching option)	

When to stop CPR? Discuss

Student Name (Print): _____

Sequence Completed? (Circle): YES NO

Witnessed by (signature): _____

Trainer/Internal Assessor use only:

Signature:

Date:

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