

# 04

EVERYONE CAN BE A LIFESAVER



**Royal Life Saving**  
ROYAL LIFE SAVING SOCIETY - AUSTRALIA



FACT SHEET No.04

# Resuscitate



## Q. What is Resuscitation?

**A.** Resuscitation or Cardio Pulmonary Resuscitation (CPR) involves stimulating the heart and breathing air into the lungs to preserve or restore life. Resuscitation involves establishing or maintaining an airway, breathing and circulation.

## Q. Why should I learn resuscitation?

**A.** Resuscitation is a skill for life. In most cases when an emergency occurs, a family member is the first on the scene. In fact, many children are alive today because their parents knew how to perform CPR and responded quickly. Having the skills to react in an emergency situation can mean the difference between life and death while you wait for emergency care to arrive.

## Q. What are the legal implications of doing CPR?

**A.** Lay persons or volunteers acting as Good Samaritans are under no legal obligation to assist a fellow human being. However, you need not fear litigation if you come to the aid of a fellow human in need. The Australian Resuscitation Council and Royal Life Saving encourages people to provide assistance to any person in need. Having decided to assist, a standard of care appropriate to your training (or lack of training) is expected. Although legislation varies between the States and Territories, if performing CPR, you are generally expected to act in good faith and without recklessness.

## Q. What do I need to say when I call 000?

**A.** When you call 000 you should stay on the line, not panic and answer all the questions the operator asks you. It will be helpful to know your nearest crossroad for the ambulance.

## Q. What resources can help me learn CPR?

**A.** Royal Life Saving has a number of CPR related resources and courses available. There is a handy mini CPR chart on a magnet that can be stuck to the fridge, a full size CPR chart that can be used near your backyard swimming pool, CPR in a box and courses that are run in a variety of locations across all States and Territories.

## Real Life Story - CPR: A Real Life Saver

In February 2008, knowing CPR helped one husband and wife save their two children from drowning. While their parents were momentarily distracted while visiting relatives, the couple's two sons made their way into a backyard swimming pool. After a relative raised the alarm, the boys were found pale and unconscious. Each parent immediately began performing CPR on the boys and they each vomited up water. Gradually the boys began to gasp for air and started breathing as ambulances arrived. They have since made a full recovery and the parents credit knowing CPR with saving the lives of their boys.

**ROYAL LIFE SAVING HAS DEVELOPED A NUMBER OF FACT SHEETS ON WATER SAFETY ISSUES IN AUSTRALIA.**

Contact Royal Life Saving on: **1300 737 763**  
or download them from: **www.keepwatch.com.au**

## Resuscitate Checklist:

- Check for danger to self, to bystanders and to victim (Danger)
- Shout "Are you ok?" and gently squeeze the victim's shoulder (Response)
- Send for help (Send)
- Clear and maintain airway (Airway)
- Look, listen and feel for breathing (Breathing)
- If no signs of life, commence CPR (Compression)
- If available, grab a defibrillator and follow the prompts (Defibrillation)
- Enrolled in a public CPR course. Visit [www.royallifesaving.com.au](http://www.royallifesaving.com.au) to enrol in a course

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UPDATE ANNUALLY

JUST PUSH AND BLOW,  
HAVE A GO AND AS SOON  
AS POSSIBLE CALL 000

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