



RESPECT THE RIVER

ALCOHOL AND WATER SAFETY

Alcohol often contributes to drownings. It impairs judgement, encourages greater risk taking behavior, reduces coordination, impairs reaction time and reduces the effectiveness of CPR, should someone require it.

When entering the water, consumption of alcohol results in a number of physical changes. These may include: hypothermia (as alcohol increases blood flow to the arms and legs), disturbance of the inner ear (leading to disorientation) and spasm of the vocal chords, which can result in airway closing.

WATERCRAFT SAFETY

Many people use watercrafts on inland waterways. Watercrafts commonly involved in drownings include: small aluminum boats (tinnies), motorized watercrafts, sailing boats, kayaks, jet skis, and inflatable dinghies.

Watercraft related drownings can occur if people do not wear life jackets; consume alcohol and fall overboard; are not prepared for changing weather conditions; collisions occur or their vessels are not seaworthy.

Boaters should make sure lifejackets are worn by people on board, including competent swimmers. They need to be properly fitted to be effective, including children's lifejackets.

Conditions can change quickly on the water. It is important to check the weather report before and during watercraft activity and keep a lookout for bad weather while out on the water.

Please visit the RMBRAG website to view the Code of Conduct for watercraft safety:
www.rmbtag.com

HOLIDAYS AND WATER SAFETY

People on holidays often visit new, unfamiliar aquatic locations such as rivers, lakes, and dams. Conditions can change rapidly in these environments, with crumbling or slippery banks, shifting floors, submerged objects, and cold water all posing a danger to visitors.

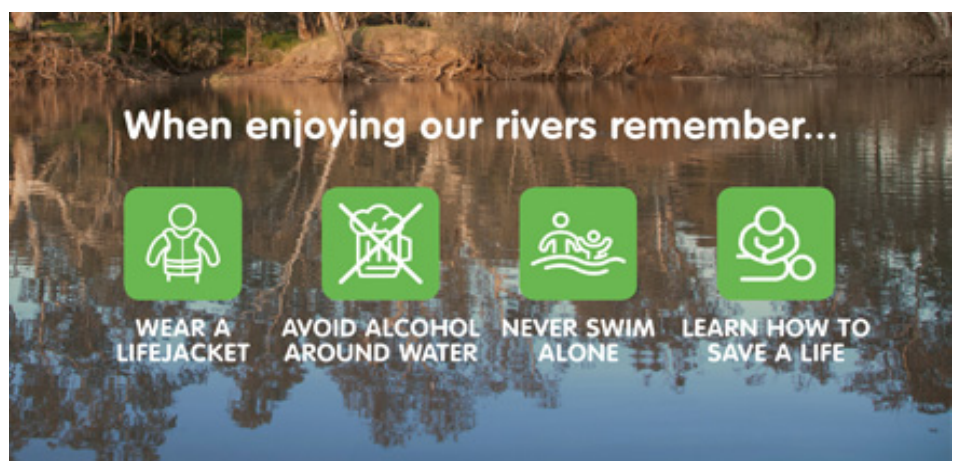
- Be aware of changing weather and water conditions, before entering water.
- If unfamiliar with the environment, ask a local about the waterway.
- Always enter the water feet first, rather than diving.
- Children must be supervised at all times around water, even if they are competent swimmers.
- Swim in patrolled areas if possible and avoid alcohol around waters.
- Be aware of submerged objects and watercrafts.
- Always obey any signs in the area.

COULD YOU SAVE A LIFE?

Royal Life Saving is a registered training provider offering courses in:

- Cardio Pulmonary Resuscitation HLTAID001
- Provide First Aid HLTAID003
- Pool Lifeguard

Please contact our office on (08) 8210 4500 for further details



For further information contact our SA office:
PH: (08) 8210 4500
Website: www.royallifesavingsa.com.au



DANGER

CHECK FOR DANGER

TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

RESPONSE

CHECK FOR RESPONSE

CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME /
SQUEEZE MY HAND / PLEASE LET GO

SEND

SEND FOR HELP

CALL OR ASK A BYSTANDER TO PHONE '000'

AIRWAY

OPEN AIRWAY

CHECK AND CLEAR / POSITION CASUALTY ON BACK SUPPORT HEAD,
TILT SLIGHTLY, CHECK AND CLEAR MOUTH

BREATHING

BREATHING NORMALLY?

YES, PLACE IN RECOVERY / NO, COMMENCE CPR

CPR

COMMENCE CPR / 30:2

GIVE CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

LOCATE COMPRESSION POINT

FIND THE CENTRE OF THE CHEST.
PLACE THE HEEL OF YOUR HAND
ON THE COMPRESSION POINT
WITH THE FINGERS PARALLEL TO
THE RIBS AND SLIGHTLY RAISED.
PLACE YOUR OTHER HAND
ON TOP OF THE FIRST.

CHEST COMPRESSIONS

COMPRESS TO APPROX
1/3 OF DEPTH OF CHEST
30 COMPRESSIONS
AT A RATE OF
100 PER MINUTE.

RESCUE BREATHS

SUPPORT HEAD AND JAW.
A SLIGHT HEAD TILT
MAY BE NECESSARY TO
OPEN THE AIRWAY.
DELIVER 2 BREATHS ALLOWING
1 SECOND INHALATION.

RECOVERY POSITION

IF NORMAL BREATHING
RETURNS, POSITION
CASUALTY ON SIDE.
ENSURE THE AIRWAY
REMAINS CLEAR.

DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE
FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS
OF NORMAL BREATHING AND RESPONSIVES RETURN

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