


Chain of Survival




The diagram illustrates the Chain of Survival as a chain of four links. Each link is represented by a circular icon with a red heart in the center. The first link is labeled 'Early Access... '000' ...to get help' and shows a telephone. The second link is labeled 'Early CPR...' and shows a person performing chest compressions. The third link is labeled 'Early Defibrillation...' and shows a person using an AED. The fourth link is labeled 'Early Advanced Care...' and shows a person receiving medical attention from a paramedic.

- **1st Link: Early Access:** Call 000 early to access Ambulance.
- **2nd Link: Early CPR:** Start CPR early to buy the patient time until defibrillation can be provided.
- **3rd Link: Early Defibrillation:** To re-establish the hearts normal electrical activity.
- **4th Link: Early Advanced Life Support:** Paramedics to administer advanced airway management, monitoring and IV medication.

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What is CPR?

- **Cardiopulmonary Resuscitation**
- The process of administering rescue breathing combined with chest compressions to maintain temporary circulation of oxygenated blood to vital organs.



The photograph shows a man in a white shirt and green pants kneeling on a carpeted floor, performing CPR on a person lying face down. He is using his hands to perform chest compressions on the person's chest.

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CPR=Cardiopulmonary Resuscitation

- **Cardio**=heart
- **Pulmonary**=lungs
- **Resuscitation**=revival after death



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Basic Life Support Flow Chart

- **D**: Check for **Danger** hazards, risks to self, patient
 - **R**: Check for **Response** if unconscious call 000
 - **A**: Open **Airway** look for signs of life
 - **B**: Give 2 initial **Breaths** if not breathing normally
 - **C**: Give 30 chest **Compressions** followed by 2 breaths
 - **D**: Attach **AED** as soon as possible and follow prompts
- Continue **CPR** until qualified personnel arrive or signs of life return

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D: Check for *Danger*

- Before approaching the patient always check for danger/hazards
- If it is unsafe DO NOT approach the patient, wait for trained emergency personnel
- DO NOT become the second patient
- Examples can include dangerous gases, chemicals, live electrical wires, dangerous/venomous animals, fire, domestic violence, dangerous traffic conditions etc



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R: Check for *Response*

- Checking to see the patient's level of consciousness
- If you suspect the patient may be combative or aggressive, approach their feet and tap with your foot



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R: Check for *Response*

- A fast and effective way to check a persons level of consciousness is to use the acronym **COWS**
- **C:** Can you hear me?
- **O:** Open your eyes
- **W:** What's your name?
- **S:** Squeeze my hands

**IF THE PATIENT IS
TOTALLY UNRESPONSIVE
CALL 000 OR 112 FROM
MOBILE**



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A: Open *Airway*

- Open the patient's mouth and at the same time look for signs of life
- Signs of life include movement, normal breathing, responsiveness and consciousness
- Look in the patient's mouth for possible airway obstructions such as food, blood, vomit etc
- If the airway is clear leave patient on their back and move on to assess breathing
- If airway is obstructed roll patient into lateral recovery position and clear airway



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Lateral Recovery Position

- First kneel beside the patient
- Place the arm that is farthest from you out at 90 degrees



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Lateral Recovery Position

- Place the arm closest to you across the patient's chest



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Lateral Recovery Position

- Bend the leg that is closest to you up at 90 degrees



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Lateral Recovery Position

- Support the patient's hip and head and gently roll them onto their side
- The patient's arm and leg with prevent them from rolling over onto their face and will provide a stable position for airway clearing and management



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Clearing the Airway

- Tilt the patient's head back and angle down towards the ground
- This allows gravity to assist with the draining of blood, fluid and vomit
- Use fingers to sweep any foreign material down and away from the mouth
- When airway is clear gently roll patient back over and assess for normal breathing



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B: Give 2 initial *Breaths*

- Look, listen and feel for normal breathing
- Abnormal breathing may include gasping, gurgling or irregular breathing rates and patterns
- If patient is not breathing normally give 2 rescue breaths



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Commence 2 Rescue Breaths

- Make a pistol with your hand
- Place your thumb on the patient's chin and your index finger along their jaw



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Commence 2 Rescue Breaths

- Place one hand on the patient's forehead and the other hand with pistol grip to open the mouth
- Tilt the patient's head back to ensure the tongue is away from the airway



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Full Head Tilt (Adult)



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Commence 2 Rescue Breaths

- Use your fingers or cheek to seal the patient's nostrils
- Place your mouth over the patient's mouth and blow 2 normal size breaths
- Between breaths watch for rise and fall of chest wall to ensure breaths have been effective



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C: Give 30 Chest *Compressions*

- Place the heel of your hand in the centre of the patient's chest
- This is the lower half of the sternum
- Keep the pressure on the heel of your hand not on your fingers



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C: Give 30 Chest *Compressions*

- Place your second hand around your wrist
- Keep your compressing arm straight and use your body weight to achieve a compression depth 1/3 the depth of the patient's chest cavity



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C: Give 30 Chest *Compressions*

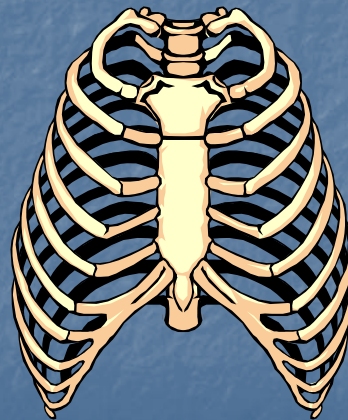
- You can also use the interlock method if you prefer
- Remember all the pressure is on the heel of the hand
- This keeps pressure on the sternum and off the ribs



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C: Give 30 Chest *Compressions*

- 30 Compressions are done at approximately 2 compressions per second
- If you hear ribs cracking, recheck your hand position then continue. It is not uncommon to crack ribs during compressions



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Continue CPR at 30:2 until:

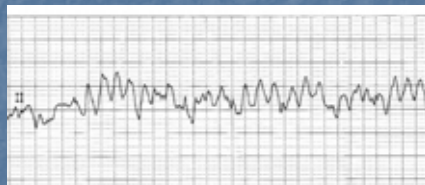
- The patient recovers
- Trained medical personnel are ready to take over
- You are physically exhausted and can no longer continue
- An authorised person pronounces life extinct



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D: Attach **AED** and follow prompts

- Attach Automated External Defibrillator (AED) as soon as possible and follow voice prompts
- CPR simulates the hearts mechanical action of pumping blood
- Defibrillation, uses an electric charge to stop an abnormal and ineffective electrical heart rhythm by resetting the bodies natural electrical heart rhythm (sinus rhythm)



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D: Attach **AED** and follow prompts



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D: Attach **AED** and follow prompts



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CPR variations for Infants

- No head tilt for infants. ❌
- Anatomy of the airway has not fully developed in an infant.
- Tilting the head too far back or forwards can block the airway. ❌



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CPR variations for Infants

- Maintain the infant's head in the neutral position. ✓
- Seal your mouth around the infant's nose and mouth. ✓
- Blow 2 small puffs from your cheeks.



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CPR variations for Infants

- Place 2 fingers on the lower half of the sternum.
- Compress to 1/3 the depth of the chest cavity.
- As per adult: 30 compressions followed by 2 rescue breaths.



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CPR variations for Children

- Tilt the child's head back.
- Stop head tilt immediately shoulders start to lift off the floor and maintain position.
- Give 2 rescue breaths of the appropriate size for the patient.



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CPR variations for Children

- You can use 1 or 2 hands to compress the chest. As long as the chest is compressed to 1/3 the depth of the chest cavity.
- As per adult: 30 compressions followed by 2 rescue breaths.



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LOW VOLTAGE RESCUE

- **Definition of LOW VOLTAGE:**
50V – 1000V AC Root means square (RMS) OR
120V – 1500V Ripple free DC



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LOW VOLTAGE RESCUE

WHY ARE WE HERE?

- To prevent this happening to one of your work mates.
- Section s21 (1) of the Electrical Safety Regulation 2002 states: 'An employer must ensure workers who are required to perform, or help in performing, electrical work are competent in rescue and resuscitation in accordance with recognised practices in the electricity industry.'



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Electrical Burn



LOW VOLTAGE RESCUE

- **1) CHECK YOUR LV RESCUE KIT**
- Ensure all items are in the kit and are in good condition.
- Check gloves for holes/cuts (test date) (demonstrate)
- Check rescue crook test date.



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LOW VOLTAGE RESCUE

- **2) CHECK YOUR EMERGENCY COMMUNICATION DEVICE**
- Ensure mobile phone is easily accessible and has adequate signal.
- If a mobile is not available, ensure some form of emergency communication device is available and functional.



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LOW VOLTAGE RESCUE

- **SAFETY OBSERVER TO DON GLOVES AND HOLD RESCUE CROOK.**
- A **Safety Observer** is a person who:
 - a) observes the performance of electrical work; and
 - b) is competent to help a person performing the electrical work; and
 - c) has been assessed in the last 6 months to be competent to rescue a person performing electrical work and provide resuscitation.



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LOW VOLTAGE RESCUE

- **ATTACH 'ISOLATE HERE' SIGN AT ISOLATION POINT.**
- Once sign has been placed at the isolation point work can commence.
- In some cases it may not be appropriate to display the 'isolate here' sign due to the distance from the actual work location.



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LOW VOLTAGE RESCUE

- **LOW VOLTAGE RESCUE SEQUENCE:**
- **1)** Turn off isolation switch.
- **2)** Remove patient from source using insulated crook and support patient using insulated gloves.
- **3)** Using double underarm method, drag patient away from source.
- **4)** If patient is on fire, use fire blanket to smother flames.
- **5)** Ring 000 for emergency medical assistance.
- **6)** Commence Basic Life Support: **DRABCD**
- **7)** Assess patient from head to toe for injuries and treat as necessary.

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1) TURN OFF ISOLATION SWITCH



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2) REMOVE PATIENT FROM SOURCE USING INSULATED CROOK



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3) USING DOUBLE UNDERARM METHOD, DRAG PATIENT AWAY FROM SOURCE



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4) IF PATIENT IS ON FIRE, USE FIRE BLANKET TO SMOTHER FLAMES



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5) RING 000 FOR EMERGENCY MEDICAL ASSISTANCE



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6) COMMENCE BASIC LIFE SUPPORT: DRABCD



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7) ASSESS PATIENT FROM HEAD TO TOE FOR INJURIES AND TREAT AS NECESSARY



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