



Frequently Asked Questions

DRSABCD:

What is DRSABCD?

DRSABCD is an acronym to help you in an emergency. We can look at them like steps you take to help you not forget what you need to do.

What if you are worried or scared?

It is ok to be worried and scared. Remember, anything you do is better than nothing at all. It is pretty powerful being able to help someone and where possible, try to remain as calm as possible.

What if I forget the steps?

If you are ever unsure or forget the steps, it is ok. Send for help by calling 000 (Triple Zero) early and the person on the phone will help you.





Frequently Asked Questions

DANGERS:

Who is the most important person in an emergency?

The most important person in an emergency is YOU! If something were to happen to you, then you are no longer able to help and we will have 2 patients. It is then important to make sure the people around you are also safe – also known as 'Bystanders'. Finally, we then can help the patient.

What if it is too dangerous to help the patient?

If it is too dangerous to help the patient, then make sure you put yourself in a safe space and send for help by calling 000 (Triple Zero).

Do we always have to help the patient even if we don't feel safe or comfortable?

No. If you do not feel safe or comfortable helping the person, then send for help by calling 000 (Triple Zero).





Frequently Asked Questions

RESPONSE:

Do you have to use the acronym 'COWS' to try to get a response?

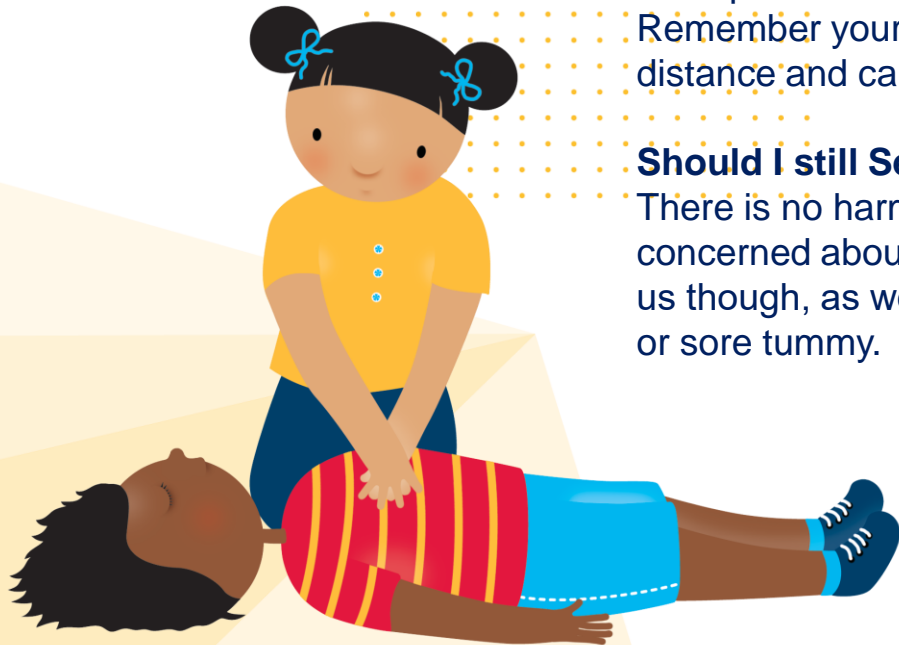
'COWS' is one way to remember some questions you can ask to gain a response. If you do forget, try to get the person to talk to you.

What if I do get a response and they do not want my help?

If the patient tells you to leave them alone, then you must do this. Remember your safety is number one. If you are still concerned, keep your distance and call 000 (Triple Zero) and explain the situation.

Should I still Send for Help if I do get a response?

There is no harm in calling 000 (Triple Zero) if you are still worried or concerned about the patient. We need to use our common sense to help us though, as we don't want to call for a small accident such as a small cut or sore tummy.





Frequently Asked Questions

SEND FOR HELP:

What is the number you call in an emergency?

The number we call in an emergency is 000 (Triple Zero).

What do we do if we are unable to call 000 (Triple Zero)?

Try to locate another responsible person in the house, call a neighbour or call your local police station.

Do you still call 000 (Triple Zero) if they wake up before you have sent for help?

Yes. It is always best to call just to make sure.





Frequently Asked Questions

AIRWAYS:

How do I open the airway?

Put one hand gently on the forehead or the top of the head. Your other hand is used to provide the chin lift using a 'pistil grip'. Then head (NOT the neck) is tilted backwards.

How do I make a 'Pistil Grip'?

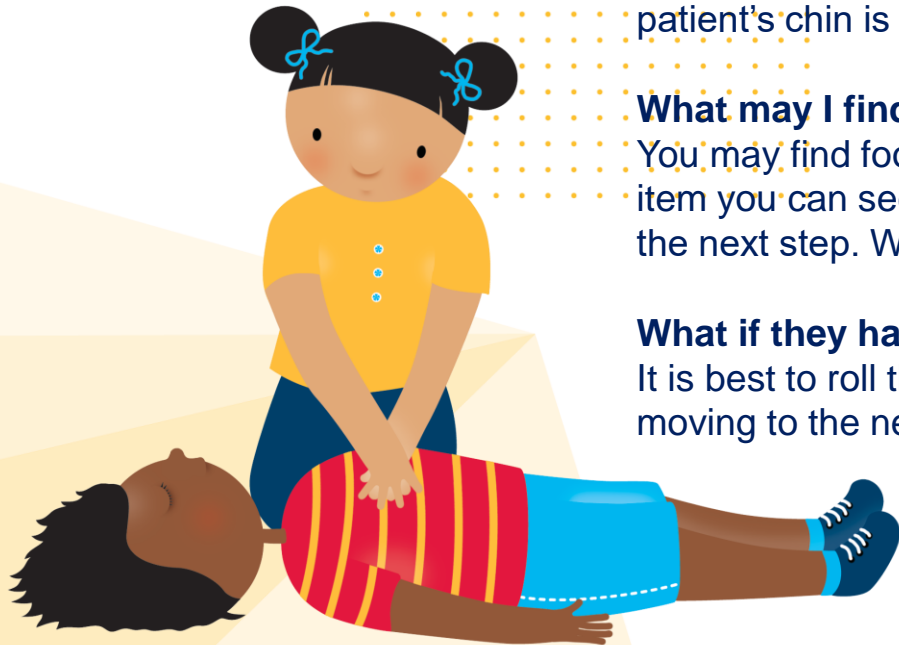
Make a pistil shape with your hand and place it onto the patient's chin. The patient's chin is now gently held up by your thumb and fingers.

What may I find in the patient's mouth?

You may find food or even a small toy! Using your two fingers, sweep the item you can see out of their mouth. If this is not easy to do, move on to the next step. We don't want to make it worse or waste time!

What if they have fluids in their mouth (water, vomit or blood)?

It is best to roll them in the recovery position to let the fluid drain out before moving to the next step.





Frequently Asked Questions

BREATHING:

How do I check for breathing?

When assessing breathing, you should look, listen and feel: **LOOK** for movement of the upper tummy or lower chest; **LISTEN** for the escape of air from nose and mouth; and **FEEL** for movement of air at the mouth and nose.

What am I looking for when checking for breathing?

You are looking for the patient having 2 – 3 normal breaths in 10 seconds. If the patient is gasping or breathing shallow, these are not normal breaths.

How long do we need to 'Look, Listen and Feel' for breathing?

We would check up to 10 seconds. A person normally takes 2 – 3 breaths during that time.





Frequently Asked Questions

CPR:

What does CPR do?

CPR, which stands for Cardiopulmonary Resuscitation, helps to circulate the blood around the body if the heart is no longer able to do this.

How many chest compressions and rescue breathes do you do?

30:2 is all you do! Always begin with 30 compressions and, if you can, followed by 2 rescue breaths. You should aim to do approximately 100-120 compressions per minute.

What if I don't feel safe doing the breaths?

If you don't feel safe doing the breaths, then continue doing chest compressions.

When can we stop CPR?

You can stop CPR when another person comes to help, the ambulance arrives and takes over, you are physically exhausted or best-case scenario, they vomit! Remember to roll them in the recovery position when they vomit.





Frequently Asked Questions

CPR:

Is there any difference with doing CPR on a child or a baby?

The number of chest compressions and rescue breaths are the same for all ages. Depending of the size of the child, you can use one or two hands for compressions and if they are under 12 months of age, use two fingers and don't tilt the head.

Are there other ways we can hold our hands?

Yes. Remember, something is better than nothing. If you are not comfortable holding your wrist, you can intertwine your fingers.

What if you hear a crack?

It's ok to hear a crack. If you do, check your hand position is still in the centre of the chest and keep going!

What if they have additional medical issues that you can see?

Nothing changes if they have additional medical issues, but this may be helpful information to tell the phone operator and ambulance when they arrive.





Frequently Asked Questions

DEFIB:

Is the Defib known as any other name?

Yes. The full name is Automated External Defibrillator (AED).

What does a defib do?

The defib analyses a person's heart rhythm and then decides if it needs to deliver a shock to help the heart.

Where would I find a defib?

You will often find a public access defib at airports, train stations, sporting clubs, banks and supermarkets. Some schools also have them!

Can anyone use the defib machine?

Yes, anyone can use a public access defib in an emergency.

Why can't we put the defib pads on the patients clothing?

The defib pads need to connect with the patient's skin so that it can 1) analyse the heart rhythm and 2) deliver a shock if needed.





Frequently Asked Questions

GENERAL:

How do I share my photos / videos?

We would love to see your skills in practice. Please share any photos / videos via our social media pages using the hashtag - #watersafetyathome. You can also email education@lsv.com.au.

Do you get a certificate?

Yes! You can receive a certificate of Participation at the completion of the workshop by visiting our website; www.lsv.com.au/watersafetyathome. We like to fill in our name, print and then laminate it to put on the fridge!

Is this workshop accredited?

No, this workshop is not accredited. Our training team offer a range of accredited training courses including CPR and First Aid. Visit www.lsv.com.au/training to find out more.



CPR FOR KIDS
@HOME



Frequently Asked Questions

GENERAL:

Are there any other resources available to continue our learning and keep practicing our skills?

Yes. We have several different resources to support your ongoing learning on our website including a workbook with an answer book and a video of a scenario so you can keep practising! Visit www.lsv.com.au/watersafetyathome.

The workshop was great! Can I provide feedback?

Absolutely! We would love to receive your feedback, both positive and constructive. Click here: https://www.surveymonkey.com/r/WS_at_Home

Do you have any other questions? Feel free to send them to education@lsv.com.au



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