FIRST AID IN DROWNING ALGORITHM



Prevent drowning

- Stay within arm's reach of children when in or near the water
- Swim in water-safe areas where there are lifeguards
- Always wear a lifejacket when using watercraft (e.g. boat, kayak, etc.)
- Engage with swimming and water safety lessons



Recognise early drowning

- Be aware that drowning may be silent
- Be aware that drowning may occur in shallow water
- Look for swimmers who are not making progress in any one direction
- Look for swimmers who are bobbing vertically in and out of the water
- Look for swimmers who have their head tilted back low in the water and mouth open gasping

Initial actions

- Call emergency medical services
- · Do not enter the water if you are not trained
- Keep your eyes on the person or the area where they were last seen



Provide flotation device and remove from water

- Provide a flotation device, lifebuoy, rescue tube or other rescue equipment
- Keep the person's head out of the water
- Retrieve the person to land or a rescue boat as soon as it is safe to do so



Provide first aid as needed

If unresponsive and not breathing: follow "CPR after

drowning algorithm"



If breathing:

- Use recovery position
- Keep the person warm
- Seek expert help if any concerns

