

What to do when recovering a child from water



ALWAYS IN SIGHT
AND WITHIN REACH



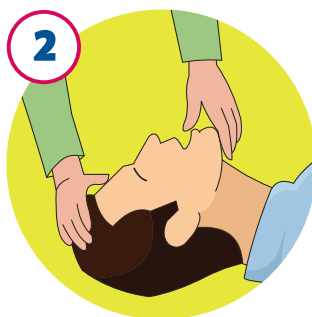
Health Promotion & Disease
Prevention Directorate

If the recovered child is unconscious:



Call for **HELP IMMEDIATELY**

Call for help immediately by calling out to anyone in the vicinity or, if you are by yourself, by **calling 112**. If a bystander arrives to assist, instruct them to **call 112** immediately, if you have not already done so.



Open the airway

Open the child's airway by performing a chin lift, which involves tilting their head backwards and slightly pulling downwards on their chin to open their mouth.



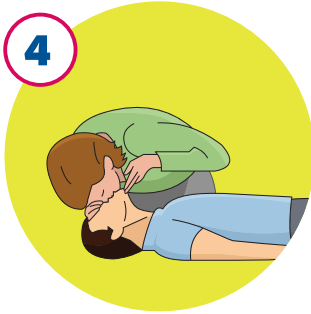
Look, Listen, and Feel

Position your face so that your cheek is nearly touching the child's face, over their nose and mouth. Remain in this position for up to 5 seconds to assess whether you can feel their breathing against your face or observe the chest rising and falling with each breath.

If the child is breathing spontaneously:

Place them in the recovery position and continue observing for changes in breathing status until professional help arrives

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If the child is NOT breathing spontaneously:

Administer 5 rescue breaths

Pinch the child's nose closed, seal your mouth over theirs, and breathe gently into their mouth for around 1 second, observing for chest rise.

5



Start chest compressions

- Administer 15 chest compressions by placing the heel of one hand in the centre of the chest and pushing down at a rate of 100-120 compressions per minute, pressing down to approximately 1/3 of the depth of the child's chest.
- Older or larger children may necessitate the use of two hands, as in adults.
- In children under 1 year of age, use two fingers in the centre of the chest, just below the nipple line.

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Continue until help arrives

Continue chest compressions and rescue breaths at a ratio of 30:2 until professional help arrives*.

**If trained in paediatric basic life support, the recommended approach is to start with 5 initial rescue breaths, followed by cycles of 15 chest compressions to 2 rescue breaths (15:2).*

If the recovered child is conscious, they should be taken for medical review as soon as possible, even if they appear well.