



**Don't
hesitate
to save
HER* life**



CPHER*

Procedure Manual

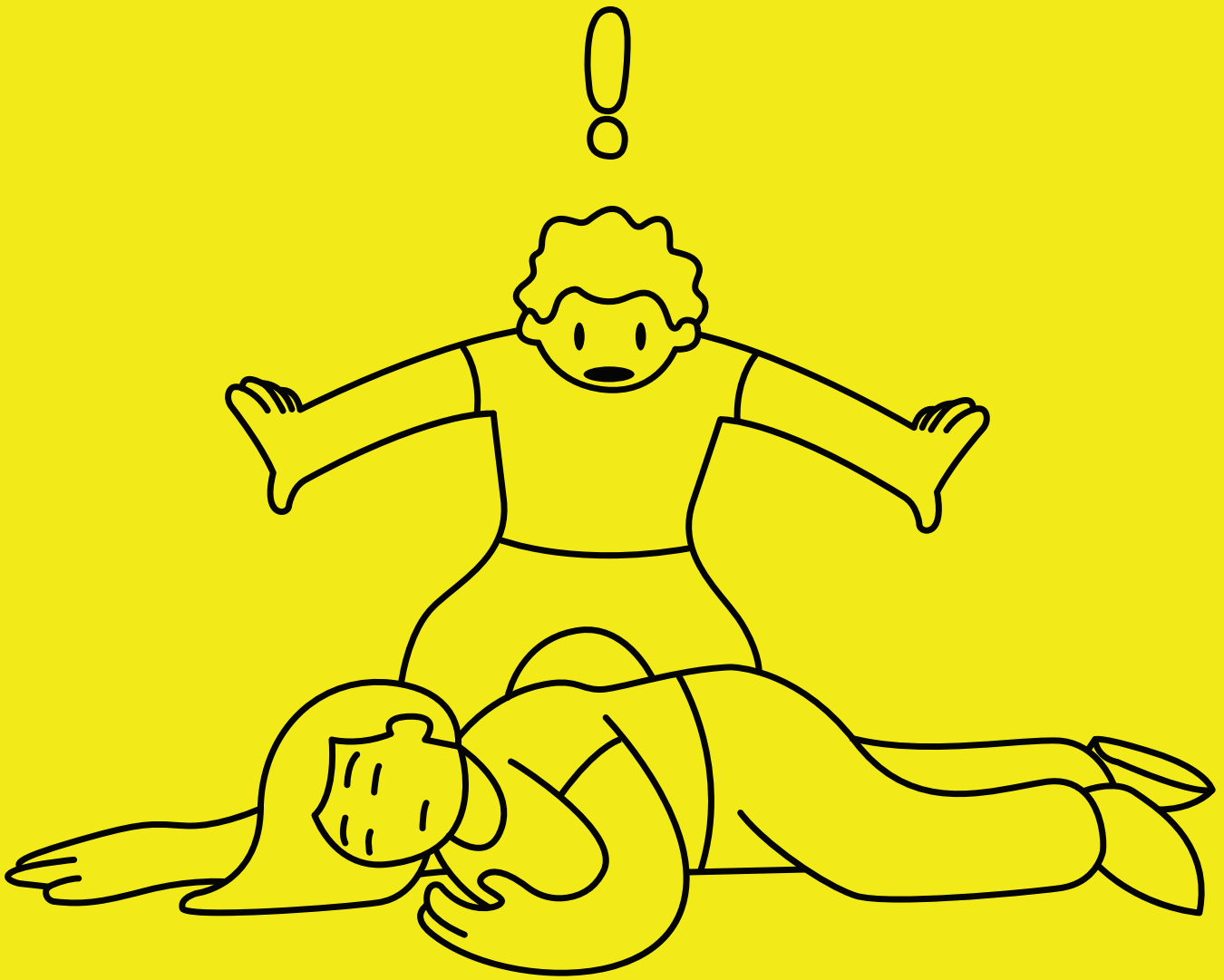
Purpose

To ensure that any person experiencing a cardiac arrest, regardless of location, body type, or gender, is provided with effective and respectful CPR and defibrillation. This guide is for Yamba SLSC members and community responders acting in public or private spaces, including on patrol, during club events, or in everyday situations.

Where this procedure applies

This procedure supports lifesaving action in any setting, including:

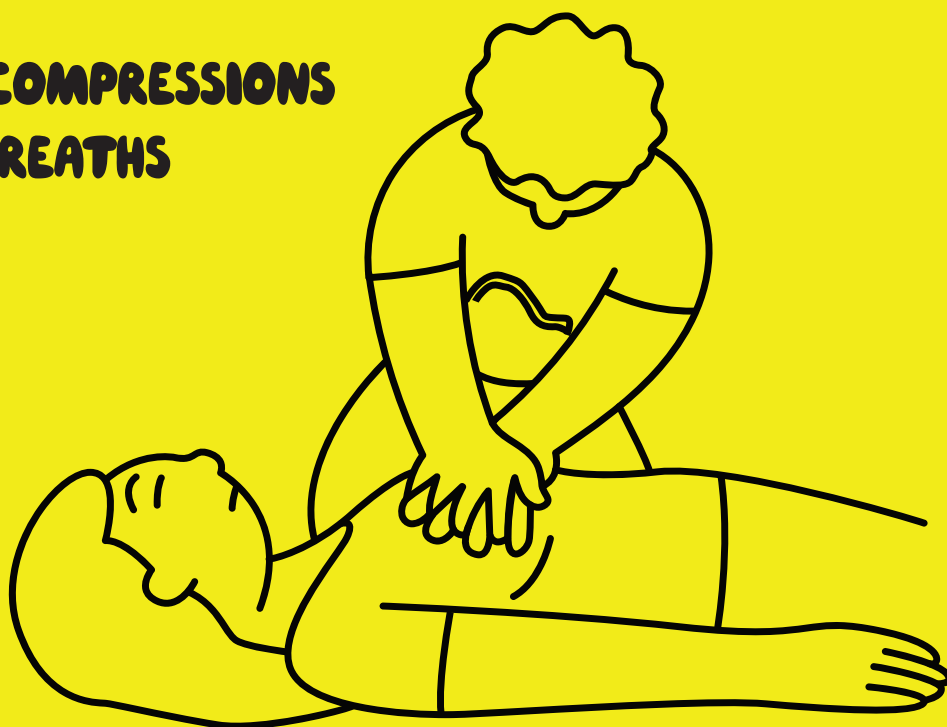
- On the beach, in the surf, or on coastal trails
- Inside the clubhouse, changerooms, function spaces, or training rooms
- At sporting events, community functions, private homes, or public venues
- In carparks, on streets, in shopping areas, or in local businesses
- Cardiac arrest can occur anywhere. Be ready to act with confidence and care and follow the DRSABCD process.



1. Check for Safety and Responsiveness (DRSAB)

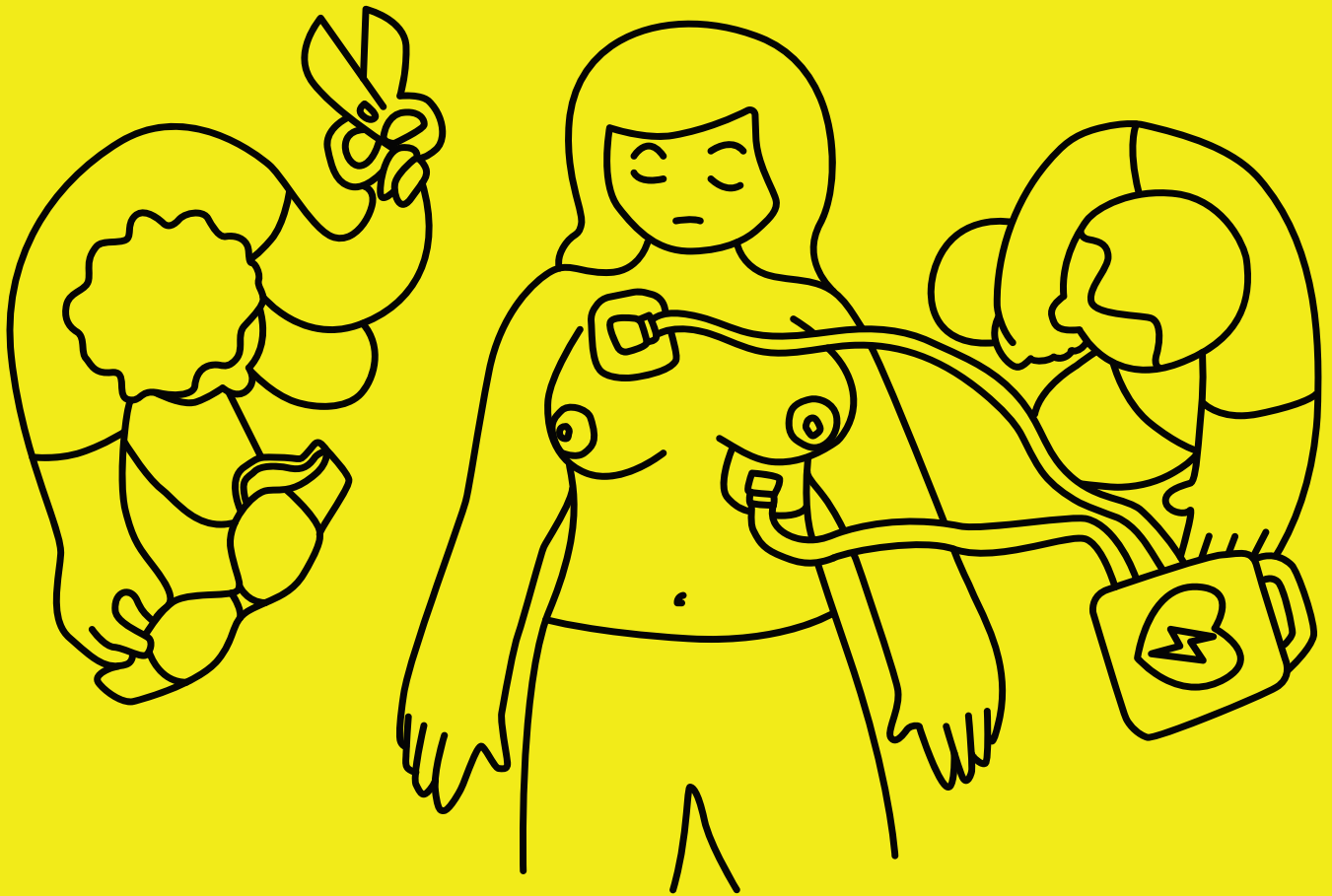
- **DANGER** : Check for and remove any dangers to yourself, bystanders and the patient. Make sure the area is safe (look out for water, electrical hazards, traffic, bystanders)
- **RESPONSE** : Check for a response by talk and touch. Approach the person, tap their shoulder, and ask: "Are you okay?"
- **SEND** : If unresponsive, send for help by calling Triple Zero (000). Emergency Services will want to know the 4P's (Position, Problem, People, Progress)
- **AIRWAY** : Open airway and ensure it is clear. If not, roll patient onto their side and clear the airway.
- **BREATHING** : Look, listen and feel for breathing. If victim not breathing or breathing is not normal, start CPR. If normal breathing returns, roll victim on to their side and monitor them.
- If available, ask someone nearby to retrieve an AED which are located at the SLSC clubhouse and First Aid kits and may be available in other public venues nearby. Street signs throughout Yamba and surrounding beaches direct you to AEDs.

**X30 COMPRESSIONS
X 2 BREATHS**



2. Start Chest Compressions and Rescue Breaths

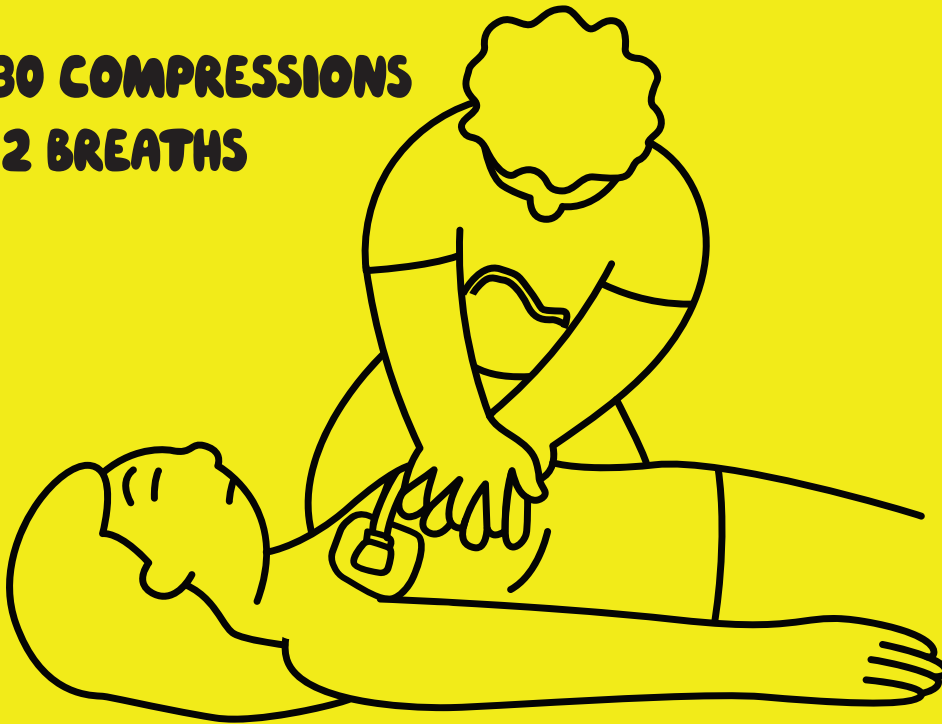
- Gently lay the person flat on a firm surface (sand, floor, ground).
- Remove or adjust clothing to allow effective chest compression
- Place the heel of one hand in the centre of the chest (lower half of the sternum).
- Interlock hands and push hard and fast:
 - Rate: 100–120 compressions per minute
 - Depth: At least 5 cm (2 inches)
 - Allow full recoil between compressions
- If soft tissue interferes with compressions, gently move it aside. It's essential for compressions to be on the correct part of the chest.
- After 30 compressions, open the airway (head tilt, chin lift).
- Give 2 breaths if trained and willing.
- Continue cycles of 30 compressions to 2 breaths, or hands-only CPR if preferred.



3. Use the AED (Defibrillator)

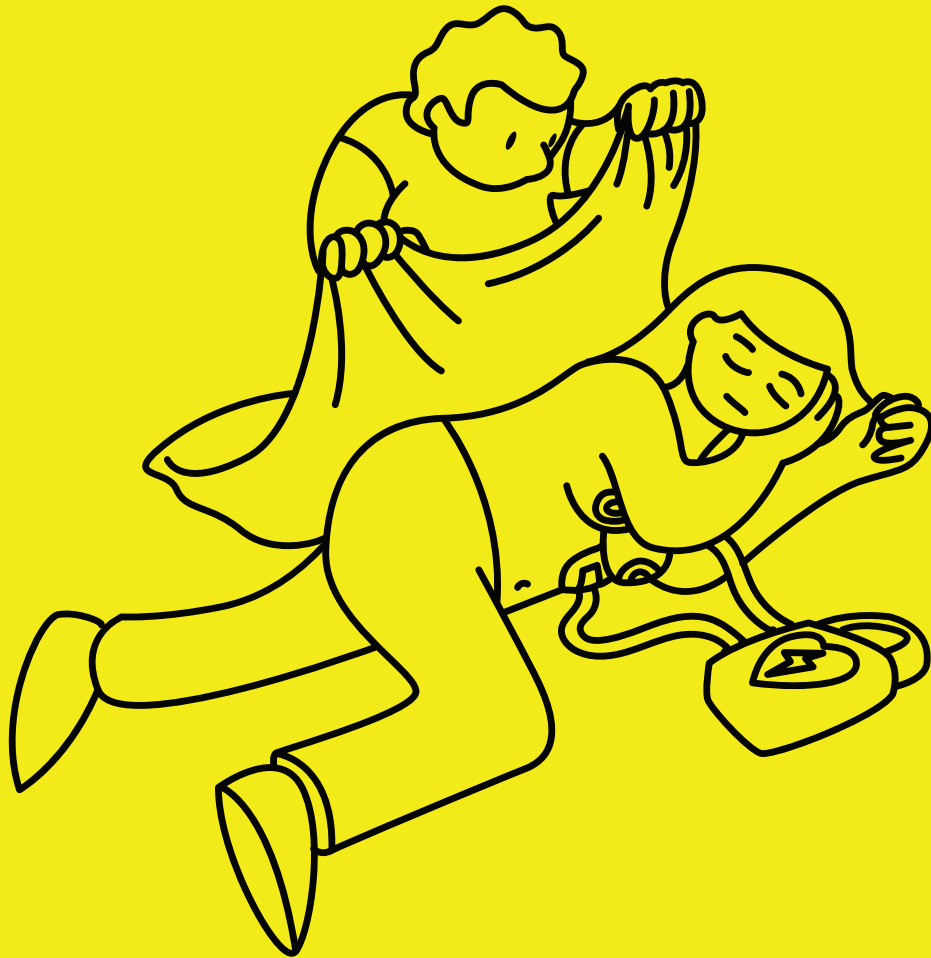
- As soon as it arrives, turn it on and follow the voice prompts.
- Expose the chest fully (above and below) — dry it if needed.
- Apply AED pads:
 - **One on the upper right chest (below collarbone)**
 - **One on the lower left side of the chest, under the breast if necessary**
- If needed, reposition breast tissue to ensure proper pad contact.
- Ensure no one is touching the person during shock delivery.
- Resume CPR immediately after shock or prompt.
- Use a towel or item of clothing to maintain dignity when appropriate —but never delay CPR.

**X30 COMPRESSIONS
X 2 BREATHS**



4. Continue Until Help Arrives

- Continue CPR and AED use until:
 - The person shows signs of life
 - Paramedics take over (as part of your handover, you should provide a concise summary of relevant details known about the victim, the incident and treatment provided as this information aids further treatment decisions).
 - You are physically unable to continue



5. Aftercare

- If you are a Yamba SLSC member, report the incident to a Patrol Captain or Club Officer.
- Emotional reactions are normal—support is available through the club or community health services.
- Participate in a debrief if appropriate

Key Message

- Don't delay CPR because of a person's gender or body shape.
- Every second counts.
- Doing something is always better than doing nothing.
- Responding with respect and action saves lives.