



CPR FOR POOL OWNERS



Do you own a swimming pool? Would you know what to do if your child fell into the pool and couldn't swim? Would you know how to perform CPR?

In 2023 69% of drowning deaths in children 0-4 years and 22% of drowning deaths in adults aged 75 years and older were from falling into water.

Early rescue and resuscitation by trained first responders or first aiders offer the person the best chance of survival.

The most important consequence of drowning is an interruption of the brain's oxygen supply. For this reason, prompt initiation of CPR including rescue breathing is important if the person is unresponsive and not breathing normally.



Course Summary

The ABC Lifesavers CPR for Pool Owners Course has been developed to provide pool owners with the skills, knowledge and confidence required to provide lifesaving CPR to home pool drowning victims and is in line with the requirements of the ANZCOR Guideline 9.3.2 - Resuscitation in Drowning.

This hands-on course covers the following topics:

- Removal from water.
- Assessment of responsive person.
- Assessment of unresponsive person.
- CPR for adults, children and infants.
- Management of vomiting and regurgitation.
- Use of an AED (Automated External



The CPR for Pool Owners course is delivered by a highly qualified and experienced trainer with over 40 years' experience in providing appropriate care to all types of casualties, including drowning victims.

The CPR for Pool Owners course is ideal for those who want to learn the skills of performing lifesaving CPR but do not wish to attend a full CPR course.

Please note The CPR for Pool Owners course is not an AQF accredited course. Participants undertaking the course will be issued with a Statement of Attendance upon successful completion.

Course Location

Courses are delivered in the home.

Course Cost

\$25.00 per participant (maximum number in any one session 6)

How to book

Email or call ABC Lifesavers:

Email: abclifesaver000@gmail.com

Mobile: Call Andy 0435 879 258

Entry Requirements

There are no pre-requisites for this course; however, it is recommended that participants have sufficient English language and visual interpretation skills and can comfortably kneel on the floor to perform CPR.

Minimum Age

There is no minimum age for participants however, adult supervision (parent or guardian) is required for those under the age of 15 years.

Duration

60 mins

Language, Literacy and Numeracy (LLN) Requirements

Participants will require suitable LLN skills to complete the following tasks/skills:

- Listen and understand verbal information delivered by an English-speaking trainer