







W

WATCH

- Watch your buddy's eyes and movements.
- Closed eyes? Bubbles? LMC/Samba?



A

AIRWAY

- Protect and open airway at surface.
- Support head and neck. Tilt head back.



T

TALK

- Talk to your buddy, use their name.
- Tap shoulders. Instruct them to breathe.



E

EXIT THE WATER

- Get out of the water or be visible.
- Use a surface float/marker buoy/boat.



R

RESCUE BREATHS

- Perform 5 rescue breaths.
- Tilt casualty's head back, lift their chin, pinch nose and breathe into their mouth.

Drowning

Drowning

- Drowning is the process of experiencing respiratory impairment from submersion or immersion in liquid.

- The process drowning begins as a person struggles to keep at least in the water.
- Drowning causes asphyxia by water entering the lungs or by causing the throat to go into the spasm so constricting the air passage (Known as dry drowning)

-

- There is a series of coughing & swallowing action & the victim involuntarily inhales & swallowing action & the victim involuntarily inhales & swallows more water.

Conscious victim:

- Signs and symptoms:
 - Acute anxiety, panic
 - Increased rate of respirations;
 - Pale, dusky skin

Conscious victim:

- Try to take victim out of water so he can find footing and way to shore.
- Utilize devices such as poles, rings, clothing to extend to victim, do not let victim who is panicked grab you.
- Do not attempt swimming rescue unless specially trained.
- If you suspect head or neck injury, handle carefully, floating victim back to shore with body and head as straight as possible do not return head or bend back

Most of which can be performed short of going into
the water:

- Reach
- Throw and tow
- Row
- Go

Reach:

- When the client or casualty is responsible and close to shore or pool side, try to reach him by holding out an object for him to grab. Then pull him from water.
- Make sure your position is secure. Line trope) is considered the best choice.
- If no line available, use a branch, fishing rod, oar, stick or other such object, even a towel blanket, article of clothing If no object is available or you have only one opportunity to grab the person, position your self flat on stomach and extend your hand or leg to the patient (Not recommended for the non swimmer).
- Make sure that you are working from a secure position

Throw and Tow:



- If the person be conscious and alert but too far away for you to reach and pull from the water, throw an object that will float
- . A personal floatation device (PFD) or ring buoy (life preserver) works best; Other buoyant objects include foam cushions, logs, plastic picnic containers, surf board.flat boards, large beach balls, and plastic toys.
- Once the conscious patient has a floatation device, try to find a way to tow him shore:

Row



- When the patient is too far from shore to allow for throwing and towing, or is
- Unresponsive, you may be able to row a boat to the casualty or client.
- Even if you are a good swimmer, wearing a personal floatation device while in the boat

GO:

- You must be a good swimmer, trained in water rescue and life saving.
- As a last resort, when all other means have failed, you can go into the water and swim to the patient

For unconscious victim

Signs and symptoms:

- Shallow or no respirations
- Weak or no pulse

Emergency care:

- If casualty or victim is not breathing, as soon as you have firm support, begin mouth to mouth resuscitation.
- Tilt the head back, bring jaw forward, pinch nostrils to shut. give 2 quick breaths
-

On shore

- Check breathing
- b) Lay victim flat on back, cover, and keep warm.
- c) Calm and reassure victim..
- d) Do not give food or water
- Get medical assistance as soon as possible.

- e) If unconscious and not breathing begin sequence for CPR, compress water from abdomen only if interfering with ventilation attempts
- f) If airway is obstructed, reposition head, attempt to ventilate; if EMS respond, perform 6 to 10 abdominal thrusts, sweep mouth deeply, attempt to ventilate repeat until successful
- h) Once ventilation is established check pulse; if absent, begin chest compressions as in CPR, one person or 2 person rescue.

- Squeezing out water from stomach through air passage.
- Continue CPR until victim revives or help arrives