Drowning Response Protocol

A step-by-step guide outlining the emergency procedures for helping an individual who has nearly drowned. It covers the process from safely approaching the victim to potential recovery measures such as rescue breathing and CPR.

Step 1: **Assess Safety**

Ensure the safety of the rescuer and the surrounding area before attempting to assist the victim to prevent further harm or injury.

Step 2: **Secure Scene**

Clear the immediate vicinity of any hazards or bystanders to make the rescue effort as smooth as possible.

Step 3: **Approach Victim**

Approach the victim cautiously, using a flotation device if necessary, to avoid the risk of the rescuer also becoming a victim.

Step 4: **Check Responsiveness**

Assess the victim's state by checking for consciousness and breathing. Tap their shoulder and shout to gauge their alertness.

Step 5: **Call for Help**

If unresponsive, shout for nearby help and instruct someone to call emergency services immediately or call them yourself if you're alone.

Step 6: **Open Airway**

Carefully tilt the victim's head back to open their airway, checking for any obstructions in the mouth or throat.

Step 7: **Begin Rescue Breathing**

If the victim is not breathing, pinch their nose shut and give two rescue breaths while keeping the airway open and watching for the chest to rise.

Step 8: **Start CPR**

Perform CPR if the victim remains unresponsive and is not breathing normally, following the correct compression to ventilation ratio (30:2 for adults).

Step 9: **Continue Support**

Continue to provide rescue breathing and CPR until emergency services arrive, the victim begins to breathe normally, or a qualified healthcare provider takes over.

General Notes

CPR Training

It's highly recommended that the rescuer is formally trained in CPR and rescue breathing techniques for the safest and most effective response.

Automated External Defibrillator (AED)

If an AED is available, follow the device instructions for use in conjunction with CPR as soon as possible.