







Resuscitation Changes for Surf Life Saving – 2006/2007

The resuscitation chapters of the 32nd Edition of the SLS Training Manual have been rewritten to incorporate the new guidelines. Version 2 of the manual is now available. Updated Unit 6 and 7 of the SLS Training Manual in PDF printable format on SLSA website was available in June 2006, www.slsa.com.au

The main changes include:

-  30:2 rates for one and two person operations in all patients
-  Two initial breaths instead of five
-  The two initial breaths and the two breaths in the 30:2 cycle will be known as “rescue breathing”
-  Removal of pulse checks and removal of EAR (1 breath every 4 seconds) from the resuscitation algorithm
-  Hand placement for compressions is now identified as “the centre of the chest” no precise measure up required
-  Changing compression operators every 2 minutes

These changes to CPR have also promoted a revision of the “Basic Life Support algorithm” to now include DRABCD where:

D – Danger

R – Response

✓Yes? - Comfortable position, treat for shock* & monitor “Signs of Life”

↳ *No? - Call for Help 000 & Continue with “A” ↳

A – Clear Airway & Check for “Signs of Life”

✓Yes? – Recovery position & monitor “Signs of Life”

↳ *No? – Continue with “B” ↳

B – Give 2 “Rescue Breaths”

Add O₂ if ARC personnel & equipment available

C – Commence CPR

30:2, 5 cycles/2mins, change operators

D – Defibrillation**

If trained personnel & equipment available

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*Treatment for Shock

Further changes to patient management continue with soon to be introduced application of Analgesic gases administered via a phial (also known as the “Green Whistle”) as part of a 1st Aid management change, and along with oxygen therapy are expected to be able to be used in many shock related incidents in able to help prevent the likelihood of a further collapse into unconsciousness

** Defibrillation

Defibrillation is encouraged wherever possible as this greatly improves chances of survival. New technology is being developed that allows an automated self-triggered, simple and cost effective device that will be introduced to all clubs over the next few seasons

How will the changes affect proficiency tests?

In-service courses will need to be conducted as part of the 2006/07 proficiency test and all members gaining their proficiency test prior to 31 December 2006 will need to understand the new rates and procedures.

Where can I find out more about the background to the changes?

If you would like to read the full scientific paper (300 pages) on the International Liaison Committee on Resuscitation (ILCOR).research you can find the PDF document on the SLSA website. Go to the “Lifesaving” page in the “Members” section of the website to download the PDF. The Australian Resuscitation Council also has a number of Q&A sheets on their website along with information on the changes www.resus.org.au

The information contained in this posting is a summary only and is not intended to be taken as a full and comprehensive guide of all necessary information related to the complete changes introduced by the SLSA organisation to comply with recent ARC policy changes. It is based upon a combination of previously circulated information by SLSA and LSV:

Surf Life Saving Australia - Circular
Version June 2006
Document id 8 - 06/07
Department Lifesaving

Life Saving Victoria
Surf Life Saving Trainer’s and Assessor’s Conference, Oct 2006.

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