



BEACH

Pearly Slips on a shirt
Slaps on sunscreen
Slaps on a hat
Slides on sunglasses
Seeks shade



FISHING

Pearly never leaves tackle or bait on the beach and fishes away from swimmers and other beach activities



SWIMMING

Pearly always swims under the supervision of an adult who can swim and at the southern end of Pearl Beach



FIRE

Pearly won't light a fire on the beach and knows in a bushfire emergency visitors and holiday makers leave early
Permanent residents always follow their bushfire emergency plan



PEARLY'S SAFETY TIPS FOR SUMMER AT PEARL BEACH



DRIVING

Pearly knows to drive carefully and less than the 50km current speed limit and always looks in both directions before crossing the road

BIKES

Pearly wears a helmet and rides on the left side of the road - never the middle - and watches out for cars and people



DOGS

Pearly walks the dog on a leash off the beach and only takes the dog to the northern part of the beach which allows for dogs

LITTER

Pearly always takes litter off the beach and places any rubbish in the correct garbage bin



Resuscitation Chart

D



Danger

Check for **Danger** to Yourself, the Patient and Bystanders.

R



Response

Check for **Response** by talk and touch.

S



Send

If unresponsive, **Send** for help by calling **Triple Zero (000)**.

A



Airway

Open **Airway** and ensure it is clear.
If not, roll patient onto their side and clear the airway.

B



Breathing

Check **Breathing**.
If patient is not breathing or breathing is not normal, commence CPR.

C



CPR (30:2)

Start CPR
Give 30 Chest Compressions followed by 2 rescue breaths.
If unwilling or unable to perform rescue breaths continue chest compressions.

D



Defibrillation

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at sls.com.au or call 1300 766 257

This information is not a substitute for first aid training.
Surf Life Saving recommends that everyone be trained in first aid.

Australian for life.

