

Proper knowledge about rescuing drowning victims



How to use rescue equipment

1 Throw pieces of float equipment (plastic bottles of drinking water, plastic kegs etc.) that are untied to rope to the victim.

- * Throw several pieces of float equipment.
- * Throw float equipment directly to the victim.
- * The float equipment that is filled with some water likely increases the accuracy of throwing.

2 Throw pieces of float equipment (gallon containers, a bag of rope) that are tied to rope to the victim.

- * Throw a piece of float equipment over the victim's head so that the victim can grasp the rope.
- * The rope should not be stiff and spiral in form.

3 Reach a piece of long-shaped equipment such as a long stick to the victim.

Bend down to prevent oneself from being dragged into the water by the victim. Reach a piece of float equipment alongside the victim and then steer it towards him/her. This is the way of preventing the victim from being struck in the face with the equipment.

Equipment for rescuing drowning victims

Plastic bottles
of drinking water



A plastic keg
tied to rope

(A round-shaped plastic keg should not be used; it is so slippery that the victim cannot grab easily.)



A bag of rope



Division of Injury prevention,
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Drowning Victims: Rescue and First Aid

Shout
Throw
Reach



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Rescue

1 SHOUT

The rescuer shouts for help. Help! Help! A boy is drowning.



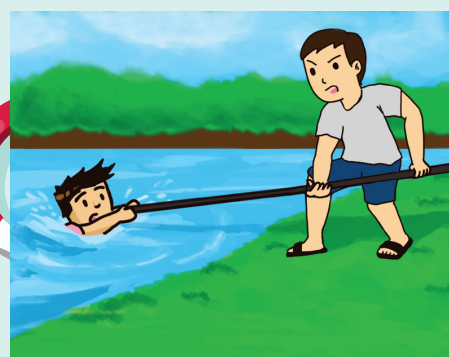
2 THROW

The rescuer throws pieces of float equipment like empty gallon containers, a lifebuoy etc to the drowning victim.



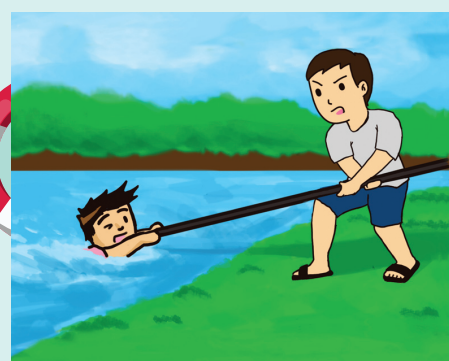
3 REACH

The rescuer reaches pieces of float equipment like a long stick, a long rope, shirt, pants, a Thai cotton towel etc to the drowning victim.



4

The rescuer hauls up the float equipment to take the victim out of the water.



In case the drowning victim is far the bank of a water source and it is **necessary** to enter the water to save him/her immediately, the rescuer is advised to take a piece of float equipment to throw to the victim. He/She will therefore grab the equipment instead of hugging the rescuer.

First aid



1



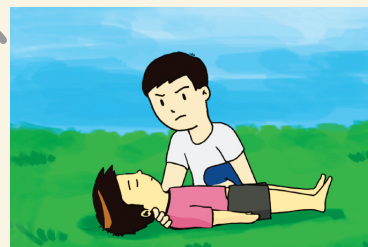
Dial 1669 or call a medical care unit nearby as soon as possible.

2



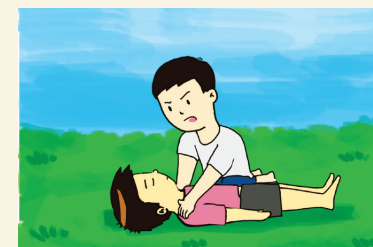
Do not carry the drowning victim on shoulder and jump up or jog on the spot to make him/her vomit water.

3



Lay the drowning victim gently on the dry even solid ground

4



To see if the drowning victim is conscious or not, use both hands to shake his/her shoulders as well as call out to him/her.

5



In case the drowning victim is conscious, rub his/her body dry with a towel, change his/her clothes, cover him/her with a blanket for warmth, and rush him/her to hospital.

6



In case the drowning victim is unconscious, perform the following procedures:

1 Artificial respiration

- To open the victim's airway, press the forehead and lift the chin.
- Cover the victim's mouth with a mouth guard. Then pinch the victim's nostril and blow into the victim's mouth until his/her chest rises. Give him/her 2 breaths.

7



2 Do Chest Compressions

- Straighten the arms and place the overlapping hands on the centre of the patient's chest (between the nipples) as depicted in the illustrations.
- Do chest compressions of which the depth is 1/3 of the thickness of the patient's chest at a rate of 100 per minute.
- Do 30 cardiac resuscitations in alternation with 2 mouth-to-mouth breathings until the victim becomes conscious and able to breathe on his/her own.

8



Turn the patient to lie on one side and tilt the head back so that he/she vomits water. Then cover him/her with a blanket for warmth. Do not serve the patient with food and drink.

Rush the patient to hospital.

Notes: (1) After saving the drowning victim, do not carry him/her on shoulder or press his/her belly to make him/her vomit water. Such doing is not necessary and may cause adverse effects for the victim; he/she will probably throw up food and water as well as choke on it. Moreover, this will even delay rescuing the victim.
(2) According to the first aid guideline 2015, mouth-to-mouth breathing is still an important first-aid for the drowning victims who are unconscious as it stimulates their respiration.