

DRSABCD ACTION PLAN

D DANGER

Ensure the area is **safe** for yourself, others and the casualty.

R RESPONSE

Check for response: ask name, squeeze shoulders.

- **No response:** send for help.
- **Response:** make comfortable, monitor response and check for injuries.

S SEND

Call Triple Zero (000) for an ambulance or ask another person to make the call.

A AIRWAY

Open mouth: check for foreign material.

- **No foreign material:** leave on back and open airway by tilting head with chin lift.
- **Foreign material in mouth:** place casualty in recovery position, mouth slightly downward, and clear airway with fingers.

B BREATHING

Check for breathing: look and feel for chest movement, listen for air escaping from the mouth and nose (an occasional gasp is not adequate for normal breathing).

- **Not breathing normally:** place on back and commence CPR and defibrillation.
- **Normal breathing:** place in recovery position, monitor breathing and responsiveness.

C CPR

Start CPR: 30 compressions, 2 breaths.

1. Place heel of hand on the lower half of the breastbone in centre of chest with other hand on top (if performing CPR on an infant, use two fingers).
2. Press down 1/3 of depth of chest and give 30 compressions.
3. Open casualty's airway (head tilt with chin lifted) and pinch soft part of nose to seal.
4. Blow steadily into mouth for up to 1 second, watch for chest to rise and fall.
Take another breath and repeat.
5. Aim for approximately 120 compressions per minute, continue CPR (30:2) until ambulance arrives or casualty recovers.

D DEFIBRILLATION

Apply defibrillator as soon as possible (if available) and follow voice prompts.



In the event of an medical emergency dial Triple Zero (000)

stjohnwa.com.au



St John