

# FIRST AID FACT SHEET

## DRSABCD - Action Plan Infant under 1 year

<b>D</b>	<b>DANGER</b>	
	Ensure the area is safe for yourself, others and the casualty	
<b>R</b>	<b>RESPONSE</b>	
	Check for response—ask name—squeeze shoulders	
	No response → Send for help	Response → Make comfortable, monitor response and check for injuries
<b>S</b>	<b>SEND</b>	
	Call triple zero (000) for an ambulance or ask another person to make the call. Send for a Defibrillator if available.	
<b>A</b>	<b>AIRWAY</b>	
	Open mouth – check for foreign material	
	<b>No foreign material</b> → Leave casualty in the position that they have been found. Open airway by tilting head gently into a neutral position.	<b>Foreign material in mouth</b> → Place infant casualty face down on forearm with head supported, with mouth slightly downward. → Clear foreign material from airway with little finger. → Once foreign material is removed, open the airway by tilting head gently into a neutral position.
<b>B</b>	<b>BREATHING</b>	
	Check for breathing—Look and feel for chest movement, listen for air escaping from mouth and nose (an occasional gasp is not adequate for normal breathing)	
	<b>Not breathing normally and no response</b> → Place on back on a firm surface. Keep head in neutral position and commence CPR.	<b>Normal breathing</b> → Place infant casualty face down on forearm with head supported, monitor breathing and responsiveness, check for and treat any injuries.
<b>C</b>	<b>CPR</b>	
	Start CPR <b>30 compressions, 2 breaths</b>	
	<ul style="list-style-type: none"> <li>→ Use 2 fingers (index and middle) over the lower half of the breastbone in centre of the chest.</li> <li>→ Press down 1/3 of depth of chest and release - give 30 compressions.</li> <li>→ Open the casualty's airway (neutral position)</li> <li>→ Place your mouth over the casualty's mouth and nose to seal.</li> <li>→ Blow gently into mouth for up to 1 second, just enough to see the chest rise and fall.</li> <li>→ Give 2 breaths. Repeat 30:2</li> <li>→ Aim for approximately 100-120 compressions per minute.</li> <li>→ Continue CPR (30:2) until ambulance arrives or casualty recovers.</li> </ul>	
<b>D</b>	<b>DEFIBRILLATION</b>	
	Apply defibrillator as soon as possible (if available) and follow voice prompts. Use defibrillator with paediatric mode and pads if possible.	



In a medical emergency call **Triple Zero (000)**

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