

DRSABCD Action Plan

In an emergency call **triple zero (000)**

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
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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. Open airway by tilting head with chin lift.	Foreign material in mouth → Place casualty in recovery position, mouth slightly downward clear airway with fingers
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B **BREATHING** 

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)

Not breathing normally and no response → place on back and commence CPR.	Normal breathing → Place in recovery position, monitor breathing and responsiveness.
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C **CPR** 

Start CPR **30 compressions, 2 breaths**

- Place heel of hand on the lower half of breastbone in centre of chest with other hand on top of first.
- Press down 1/3 of depth of chest and give 30 compressions.
 - Open casualty's airway (head tilt with chin lift)
 - Pinch soft part of the nose to seal.
- Blow steadily into mouth for up to 1 second, watch for chest to rise and fall. Take another breath and repeat.
- Aim for approximately 100 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

