

DRSABCD Action Plan

In an emergency call triple zero (000)

DANGER

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

RESPONSE

Check for response—ask name—squeeze shoulders

No response → Send for help

Response → Make comfortable, monitor response and check for injuries







SEND

Call triple zero (000) for an ambulance or ask another person to make the call

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

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.















Place heel of hand on the lower half of breastbone in centre of chest with other hand on top of first.

- \rightarrow Press down 1/3 of depth of chest and give 30 compressions.
 - → Open casualty's airway (head tilt with chin lift) → Blow steadily into mouth for up to 1 second,
 - \rightarrow 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.



DEFIBRILLATION

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





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tock: 5331 01/15

Book a first aid course with St John Ambulance today and be prepared in case of an emergency.

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