

# 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

<b>No response</b> → Send for help	<b>Response</b> → 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

<b>No foreign material</b> → Leave on back. Open airway by tilting head with chin lift.	<b>Foreign material in mouth</b> → Place casualty in recovery position, mouth slightly downward clear airway with fingers
--	--

**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)

<b>Not breathing normally and no response</b> → place on back and commence CPR.	<b>Normal breathing</b> → Place in recovery position, monitor breathing and responsiveness.
--	---

**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

