

# FIRST AID FACT SHEET

## DRSABCD - Action Plan Adult and child

**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. Send for a Defibrillator if available.

**A** **AIRWAY**  
Open mouth – check for foreign material

<p><b>No foreign material</b></p> <p>→ Leave casualty in the position which they have been found. Open airway by tilting head with chin lift (adult) and slight head tilt and chin lift (child).</p>	<p><b>Foreign material in mouth</b></p> <p>→ Place casualty in recovery position with mouth slightly downward.</p> <p>→ Clear foreign material from airway with fingers.</p> <p>→ Once foreign material is removed, open the airway with a head tilt and chin lift (adult) and slight head tilt and chin lift (child).</p>
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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)

<p><b>Not breathing normally and no response</b></p> <p>→ Place on back and commence CPR.</p>	<p><b>Normal breathing</b></p> <p>→ Place in recovery position, monitor breathing and responsiveness.</p>
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**C** **CPR**  
Start CPR **30 compressions, 2 breaths**

- Place the heel of hand on the lower half of the breastbone in centre of the chest with other hand on top of first.
- Press down 1/3 of depth of chest and release, giving 30 compressions.
- Open the casualty's airway (head tilt and chin lift)
- Pinch the soft part of the nose to seal and place your mouth over the casualty's mouth.
- Blow steadily into mouth for up to 1 second, watch for chest to rise and fall.
- Give 2 breaths.Repeat 30:2
- Aim for approximately 100-120 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 a medical emergency call **Triple Zero (000)**

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