**FIRST AID FACT SHEET**

**DRSABCD - Action Plan Adult and child**

<table>
<thead>
<tr>
<th>D</th>
<th>DANGER</th>
<th>Ensure the area is safe for yourself, others and the casualty</th>
</tr>
</thead>
<tbody>
<tr>
<td>R</td>
<td>RESPONSE</td>
<td>Check for response—ask name—squeeze shoulders</td>
</tr>
<tr>
<td></td>
<td>No response ➔ Send for help</td>
<td>Response ➔ Make comfortable, monitor response and check for injuries</td>
</tr>
<tr>
<td>S</td>
<td>SEND</td>
<td>Call Triple Zero (000) for an ambulance or ask another person to make the call. Send for a Defibrillator if available.</td>
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<tr>
<td>A</td>
<td>AIRWAY</td>
<td>Open mouth – check for foreign material</td>
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<td></td>
<td>No foreign material</td>
<td>➔ 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).</td>
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<td></td>
<td>Foreign material in mouth</td>
<td>➔ Place casualty in recovery position with mouth slightly downward.</td>
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<td></td>
<td>➔ Clear foreign material from airway with fingers.</td>
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<td></td>
<td>➔ Once foreign material is removed, open the airway with a head tilt and chin lift (adult) and slight head tilt and chin lift (child).</td>
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<tr>
<td>B</td>
<td>BREATHING</td>
<td>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)</td>
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<tr>
<td></td>
<td>Not breathing normally and no response</td>
<td>➔ Place on back and commence CPR.</td>
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<tr>
<td></td>
<td>Normal breathing</td>
<td>➔ Place in recovery position, monitor breathing and responsiveness.</td>
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<tr>
<td>C</td>
<td>CPR</td>
<td>Start CPR 30 compressions, 2 breaths</td>
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<td></td>
<td>➔ Place the heel of hand on the lower half of the breastbone in centre of the chest with other hand on top of first.</td>
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<td></td>
<td>➔ Press down 1/3 of depth of chest and release, giving 30 compressions.</td>
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<td>➔ Open the casualty’s airway (head tilt and chin lift)</td>
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<td>➔ Pinch the soft part of the nose to seal and place your mouth over the casualty’s mouth.</td>
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<td>➔ Blow steadily into mouth for up to 1 second, watch for chest to rise and fall.</td>
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<td>➔ Give 2 breaths. Repeat 30:2</td>
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<td>➔ Aim for approximately 100-120 compressions per minute.</td>
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<td>➔ Continue CPR (30:2) until ambulance arrives or casualty recovers.</td>
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<tr>
<td>D</td>
<td>DEFIBRILLATION</td>
<td>Apply defibrillator as soon as possible (if available) and follow voice prompts</td>
</tr>
</tbody>
</table>

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

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