

FIRST AID FACT SHEET

DRSABCD - Action Plan Infant under 1 year

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
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	
	No foreign material → Leave casualty in the position that they have been found. Open airway by tilting head gently into a neutral position.	Foreign material in mouth → Place infant casualty face down on forearm with head supported, with mouth slightly downward. → Clear foreign material from airway with little finger. → Once foreign material is removed, open the airway by tilting head gently into a neutral position.
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 on a firm surface. Keep head in neutral position and commence CPR.	Normal breathing → Place infant casualty face down on forearm with head supported, monitor breathing and responsiveness, check for and treat any injuries.
C	CPR	
	Start CPR 30 compressions, 2 breaths	
	<ul style="list-style-type: none"> → Use 2 fingers (index and middle) over the lower half of the breastbone in centre of the chest. → Press down 1/3 of depth of chest and release - give 30 compressions. → Open the casualty's airway (neutral position) → Place your mouth over the casualty's mouth and nose to seal. → Blow gently into mouth for up to 1 second, just enough to see the chest 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	
	Obtain a defibrillator if available and follow the instructions of the 000 operator before applying.	



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

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