



# DRSABCD Action Plan Adult and Child

<b>D</b>	<b>DANGER</b>	
	Ensure the area is safe for yourself, others and the casualty	
<b>R</b>	<b>RESPONSE</b>	
	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
<b>S</b>	<b>SEND</b>	
	Call Triple Zero (000) for an ambulance or ask another person to make the call. Send for a Defibrillator if available.	
<b>A</b>	<b>AIRWAY</b>	
	Open mouth – check for foreign material	
	<b>No foreign material</b> <ul style="list-style-type: none"> <li>▶ 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).</li> </ul>	<b>Foreign material in mouth</b> <ul style="list-style-type: none"> <li>▶ Place casualty in recovery position with mouth slightly downward.</li> <li>▶ Clear foreign material from airway with fingers.</li> <li>▶ Once foreign material is removed, open the airway with a head tilt and chin lift (adult) and slight head tilt and chin lift (child).</li> </ul>
<b>B</b>	<b>BREATHING</b>	
	Check for breathing - <b>Look</b> for movement of the upper abdomen or lower chest. <b>Listen</b> for the escape of air from the nose and mouth. <b>Feel</b> for movement of air at the mouth and nose. (an occasional gasp is not adequate for normal breathing)	
	<b>Not breathing normally and no response</b> <ul style="list-style-type: none"> <li>▶ Place on back and commence CPR and defibrillation.</li> </ul>	<b>Normal breathing</b> <ul style="list-style-type: none"> <li>▶ Place in recovery position, monitor breathing and responsiveness.</li> </ul>
<b>C</b>	<b>CPR</b>	
	Start CPR <b>30 compressions, 2 breaths</b>	
	<ul style="list-style-type: none"> <li>▶ Place the heel of hand on the lower half of the breastbone in centre of the chest with other hand on top of first. <b>Note: Either a one or two hand technique can be used for performing chest compressions in children.</b></li> <li>▶ Press down 1/3 of depth of chest and release, giving 30 compressions.</li> <li>▶ Open the casualty's airway (head tilt and chin lift).</li> <li>▶ Pinch the soft part of the nose to seal and place your mouth over the casualty's mouth.</li> <li>▶ Blow steadily into mouth for up to 1 second, watch for chest to rise and fall.</li> <li>▶ Give 2 breaths.Repeat 30:2</li> <li>▶ Aim for approximately 100-120 compressions per minute.</li> <li>▶ Continue CPR (30:2) until ambulance arrives or casualty recovers.</li> </ul>	
<b>D</b>	<b>DANGER</b>	
	Turn ON the defibrillator as soon as possible (if available) and follow voice prompts.	

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

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