

# EMERGENCY ACTION PLAN – DRSABCD

## DANGER

# D

Make sure it is safe for you, bystanders, then the casualty (in that order)



## RESPONSE

# R

Check for a verbal or physical response by talking to them & gently squeezing their hands.



## SEND FOR HELP

# S

Send for Help & an AED if available – Call the ambulance – Triple Zero (000) or (112) mobile phones.



## AIRWAY

# A

Open the mouth and check for obstructions. If foreign material is present, place into the recovery position & clear with fingers (wear gloves).



## BREATHING

# B

Check Breathing for 10 seconds by looking at the rise & fall of the chest, listening & feeling for air or chest movement. If normal breathing, place into the recovery position.



## CPR

# C

Start CPR if unresponsive & not breathing – 30 compressions: 2 Breaths (use a face shield). Compress the chest by 1/3rd & at a rate of 100-120 compressions /minute. Continue CPR until help arrives or patient recovers.



## DEFIBRILLATION

# D

Attach a defibrillator as soon as it arrives and follow the voice prompts.



Police, Fire, Ambulance **000** Mobile: **112**

Speech & hearing-impaired **106**  
Poison Information: **13 11 26**