

DRSABCD - Action Plan Infant under 1 year

FIRST AID FACT SHEET

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The St John DRSABCD Action Plan is a vital aid in assessing whether a patient has any life-threatening conditions and if any immediate first aid is necessary.

Danger

Ensure the area is safe for yourself, others and the casualty.

Response

Check for response—ask name—squeeze shoulders.

No response -> Send for help.

Response -> Make comfortable, monitor response and check for injuries.

Send

Call Triple Zero (000) for an ambulance or ask another person to make the call.

Airway

Open mouth – check for foreign material.

No foreign material:

Leave casualty in the position which they have been found

Open the airway by tilting the head gently into a neutral position.

Foreign material in the mouth:

Place infant casualty face down on forearm with head supported, with mouth slightly downward.

Clear foreign material from the airway with your little finger.

Once foreign material is removed, open the airway by tilting head gently into a neutral position.

Breathing

Check for breathing.

Look for movement of the upper abdomen or lower chest.

Listen for the escape of air from the nose and mouth.

Feel for movement of air at the mouth and nose.

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 face down on forearm in recovery position, monitor airway, breathing and responsiveness.

CPR

Start CPR with 30 compressions + 2 breaths

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.

Defibrillation

Do not use an automated external defibrillator (AED) on an infant under 12 months old as a first aid responder.

Only apply a defibrillator if instructed by the Triple Zero (000) operator.