

DRSABCD - Action Plan Adult and Child

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.

Send for a Defibrillator if available.

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 head with chin lift (adult) and slight head tilt and chin lift (child).

Foreign material in mouth:

Place casualty in the recovery position with mouth slightly downward.

Clear foreign material from airway with fingers.

Once foreign material is removed, open the airway with a head tilt and chin lift (adult) and slight head tilt and chin lift (child).

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 and commence CPR and defibrillation.

Normal breathing -> Place in recovery position, monitor breathing and responsiveness.

CPR

Place the heel of hand on the lower half of the breastbone in centre of the chest with other hand on top of first. Either a one or two hand technique can be used for performing chest compressions in children.

Press down 1/3 of depth of chest and release, giving 30 compressions.

Open the casualty's airway (head tilt and chin lift)

Pinch the soft part of the nose to seal and place your mouth over the casualty's mouth.

Blow steadily into mouth for up to 1 second, watch for chest to rise and fall.

Give 2 breaths. Repeat 30:2

Aim for approximately 100-120 compressions per minute.

Continue CPR (30:2) until an ambulance arrives or casualty recovers.

Defibrillation

Turn ON the defibrillator as soon as possible (if available) and follow voice prompts.