

It's black & white

FIRST AID SAVES LIVES



DRSABCD Action Plan

<h1>D</h1> <p>Check for Danger</p> <p>Ensure scene is safe to you, others & casualty</p>	<h1>R</h1> <p>Check for Response</p> <p>Squeeze hands/shoulders, shout questions</p> <div style="background-color: black; color: white; padding: 5px; text-align: center; margin-top: 10px;"> No Response > </div> <div style="background-color: black; color: white; padding: 5px; text-align: center; margin-top: 10px;"> Response Make Comfortable Manage injuries Monitor Response > </div>	<h1>S</h1> <p>Send for Help</p> <div style="border: 2px solid red; padding: 5px; color: red; font-weight: bold; margin: 10px auto; width: 80%;"> Call 000 </div> <p>for an ambulance or ask a bystander to make the call</p>	<h1>A</h1> <p>Open Airway</p> <p>Open mouth and look for foreign material</p> <div style="background-color: black; color: white; padding: 5px; text-align: center; margin-top: 10px;"> No Foreign Material Leave on Back Open Airway > </div> <div style="background-color: black; color: white; padding: 5px; text-align: center; margin-top: 10px;"> Foreign Material Place in Recovery Position Open and Clear Airway > </div>	<h1>B</h1> <p>Check Breathing</p> <p>Look, listen and feel</p> <p>If Breathing Normally place in Recovery Position.</p> <p>Ensure ambulance has been called 000</p> <p>Monitor breathing and response</p> <div style="background-color: black; color: white; padding: 5px; text-align: center; margin-top: 10px;"> Not Breathing or Not Breathing Normally Ensure ambulance has been called 000 > </div>	<h1>C</h1> <p>Start CPR</p> <div style="border: 2px solid red; padding: 10px; color: red; font-weight: bold; margin: 10px auto; width: 80%;"> 30 + 2 compressions breaths <i>approx. 5 cycles per 2 minutes</i> </div> <p>If unwilling or unable to perform breaths, perform chest compression only - 100/per min.</p> <p>Continue CPR until: Casualty responds and is breathing normally; or Help arrives and takes over; or You are physically unable to continue</p>	<h1>D</h1> <p>Defibrillation</p> <p>Apply defibrillator (AED) as soon as possible</p> <p>Follow AED voice prompts</p>
---	---	--	--	--	---	--



CPR = Cardiopulmonary Resuscitation

AED = Automated External Defibrillation

*If you are alone and the casualty is not breathing, place them in Recovery position before calling 000

1300 ST JOHN
www.stjohnnt.org.au

St John Ambulance Australia (NT) Inc.