

DRSABCD

IN AN EMERGENCY CALL **TRIPLE ZERO (000)** FOR AN AMBULANCE

D

DANGERS

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

R

RESPONSIVE

Check for a response: ask name, squeeze shoulders.

No response? Send for help.

Response? Make comfortable and monitor response.

S

SEND FOR HELP

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

A

OPEN AIRWAY

Open the mouth and check the airway for foreign material.

Foreign material? Place in the recovery position and clear the airway.

No foreign material? Leave in position.

Open the airway by tilting the head back with a chin lift.

B

NORMAL BREATHING

Check for breathing: look, listen, feel for 10 seconds.

Not normal breathing? Ensure an ambulance has been called; start CPR.

Normal breathing? Place in the recovery position and monitor breathing.

C

START CPR

30 chest compressions : 2 breaths.

Continue CPR until help arrives or the patient starts breathing.

D

ATTACH DEFIBRILLATOR

and follow the voice prompts.