

Resuscitation Action Plan (DRSABCD)

D – DANGERS

CHECK FOR HAZARDS / RISKS / SAFETY

Remove possible dangers

R – RESPONSE

CHECK FOR RESPONSE

Can you hear me? Open your eyes. What's your name? Squeeze my hand. Let go. No response? Unconscious?

S – SEND

SEND FOR HELP – DIAL 000

A – AIRWAY

OPEN THE AIRWAY AND LOOK FOR SIGNS OF LIFE

Check and clear airway.

B – BREATHING

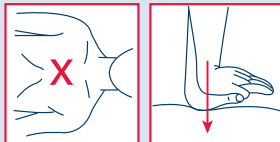
LOOK, LISTEN AND FEEL FOR BREATHING

UNCONSCIOUS?
NOT BREATHING
NORMALLY?
**COMMENCE
CPR**

C – CPR

GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 BREATHS. PUSH FIRM, PUSH FAST.

- 5 cycles in 2 minutes.
- Continue CPR until qualified person arrives or normal breathing returns.
- If unwilling/unable to perform rescue breaths, continue chest compressions.



ADULT

8 YEARS OF AGE AND OLDER

HEAD TILT: FULL
COMPRESSIONS: 2 HANDS, 1/3 OF CHEST DEPTH

CHILD

1 - 8 YEARS OF AGE

HEAD TILT: AS PER ADULT
COMPRESSIONS: 1 OR 2 HANDS, 1/3 OF CHEST DEPTH

INFANT

LESS THAN 1 YEAR OF AGE

HEAD TILT: NEUTRAL
COMPRESSIONS: TWO FINGERS, 1/3 OF CHEST DEPTH

D – DEFIBRILLATION

ATTACH AUTOMATED EXTERNAL DEFIBRILLATOR
AS SOON AS POSSIBLE AND FOLLOW ITS PROMPTS

FOR DROWNING RELATED EMERGENCIES

- ENSURE YOUR SAFETY IF PERFORMING A RESCUE
 - CHECK AND CLEAR THE AIRWAY WITH THE PERSON ON THEIR SIDE
- IF NOT BREATHING NORMALLY, GIVE TWO RESCUE BREATHS PRIOR TO COMMENCING CPR