

Everyday Lifesavers

Responding to an Emergency Activity 2

View the 'Everyday Lifesavers' VR tour at www.lsv.com.au/vr

LEVELS 3, 4, 5, 6, 7 & 8



Key Learning

During this activity, students will revise DRSABCD and role play responses to different emergency situations.



Resources

- Smartboard or projector
- Appendix A: *Resuscitation Chart (Surf Life Saving Australia)*
- Appendix B: *Resuscitation Chart Answers (Surf Life Saving Australia)*



Engage

- Read '[Hero big sister saves 4yo from drowning](#)' article to the class. Discuss:
- How would you describe the girl in the story?
- Could anyone have done this? What would they need to know?



Explore

- In small groups, students revise what they have learnt about DRSABCD. Give each group a copy of Appendix A: *Resuscitation Chart*. Give them 5 minutes to fill in as much information as they can about each step.



Curriculum

Health and Physical Education – Physical, social and Community Health

Being healthy, safe and active
Level 3 & 4

- Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe ([VCHPEP090](#))
- Identify and practise strategies to promote health, safety and wellbeing ([VCHPEP091](#))

Level 5 & 6

- Plan and practise strategies to promote health, safety and wellbeing ([VCHPEP108](#))

Level 7 & 8

- Investigate and select strategies to promote health, safety and wellbeing ([VCHPEP126](#))



Explain

- Display Appendix B: *Resuscitation Chart Answers* on the smartboard or projector. Give groups some time to compare their answers.



Elaborate

- Group students into groups of four or five. Give each group one of the following scenarios and give them five minutes to discuss the potential dangers and assign roles. Next, they need to role-play DRSABCD in response to their specific scenario. Students will need to use a pillow or folded jumper when modelling the compressions. Allow enough time for students to rehearse a few times, so that they have a turn at playing each different role.

Scenario 1	A bike rider has been hit by a car.
Scenario 2	A woman is unconscious in the pool.
Scenario 3	A large, heavy box has fallen from a shelf, and knocked a man unconscious.
Scenario 4	A child has swallowed a marble and is choking.
Scenario 5	Your friend has an allergic reaction to a bee sting and is unconscious.



Evaluate

- Each group presents their role-play to the whole group.

Discuss:

- Did they cover each step of DRSABCD? If not, why? For example, if the victim is breathing then they would not begin chest compressions.
- What was done well?
- What could have been improved?

References

ABC News. *Hero big sister saves 4yo from drowning*, <http://www.abc.net.au/news/2009-11-23/hero-big-sistersaves-4yo-from-drowning/1152330> [viewed 27 March 2021]

Resuscitation Chart

D



R



S



A



B



C



D



Continue CPR until:

To get involved and learn to save a life, enrol at sls.com.au or call 1300 766 257

This information is not a substitute for first aid training.
Surf Life Saving recommends that everyone be trained in first aid.

Australian for life.



Resuscitation Chart



D



DANGER

Check for and remove any dangers to **yourself, bystanders and the victim.**

R



RESPONSE

Check for a response by **talk and touch.**

S



SEND

If unresponsive, send for help by **calling Triple Zero (000).**

A



AIRWAY

Open airway and **ensure it is clear.**
If not, roll victim onto their side and clear the airway.

B



BREATHING

Look, listen and feel for breathing.
If victim not breathing or breathing is not normal, start CPR.
If normal breathing returns, roll victim on to their side and monitor them.

C



CPR (30:2)

Start **CPR.**
Perform **30 chest compressions** followed by **2 rescue breaths.** Continue chest compressions if unwilling or unable to perform rescue breaths.
Perform compressions at the **centre** of the victim's chest, at a rate of **100-120 per minute** and to **1/3 the depth** of the victim's chest.
Ensure adequate backward head tilt when performing rescue breaths for adults and children. For **infants**, apply no head tilt and use 2 fingers to compress the infant's chest.

D



DEFIBRILLATION

Attach an Automated External Defibrillator (**AED**) as soon as it is available and **follow its prompts.**

Continue CPR until:

- Responsiveness or normal breathing returns.
- A health care professional arrives and takes over CPR.
- It is unsafe or impossible to continue (e.g., exhaustion).
- A health care professional advises to cease CPR.