

# DRSABCD

## D

### DANGER

- Check for danger.
- Ensure yourself and others are safe.
- If possible, make the scene safe.



## R

### RESPONSE

- Ask the patient questions such as "Can you hear me?", "Open your eyes" and "Squeeze my hands".
- If they are responsive, find out their medical history. Do they take medications?



## S

### SEND FOR HELP

- Call 000
- Ask someone else to call if possible.



## A

### AIRWAYS

- Open the airway.
- Check if you can see anything in their mouth. If so, roll them to the recovery position and remove the material from their mouth.



## B

### BREATHING

- Check if they are breathing.
- If they ARE breathing, roll them into the recovery position.
- If they ARE NOT breathing, commence CPR immediately.



## C

### CPR

Place the heel of your hand on the centre of their chest with the other on top. Compress 1/3 the depth of their chest. Perform 30 compressions to the beat of 'Staying Alive' (Bee Gees).



If willing and able, tilt their head back and give 2 breaths, watching for the rise and fall of their chest.\*



Continue to perform 30 compressions and 2 breaths until help arrives.



## D

### DEFIBRILLATOR

- Attach the defibrillator ASAP and follow the prompts.
- Continue CPR until help arrives or the victim regains signs of life.

