

DRSABCD – BASIC LIFE SUPPORT FLOW CHART

D

Check for DANGER. First ensure that your safety is not at risk. If your safety is assured and the person is in danger move the person out of the dangerous situation.

R

Check for RESPONSIVENESS. Ask them their name. Ask them to open their eyes. Squeeze their shoulders.

If the person does respond, stay by their side, make them comfortable and continue to monitor their responsiveness.

S

SEND for help. If you receive no response call for an ambulance on 000.

The ambulance operator will tell you what to do and will provide medical instructions until ambulance officers arrive.

NOTE: If you are on your own with the person, first place them in the recovery position and then call 000.

If you know what drugs the person has taken tell the operator and ambulance officers.

A

Open the AIRWAYS and look for signs of life.

-If the airway is not clear (e.g., from vomit or blood) place in the recovery position and open and clear the airway.

- If clear, leave on back then tilt the head backwards and lift the chin (**this is for adults and is not advised for infants where the head should be left in a neutral position**).

B

Check for BREATHING: Look and feel for chest movements. Listen for breathing from airways.

If the person is breathing, place them in the recovery position and monitor until ambulance arrives.

If the person is not breathing, place the person on their back, pinch their nose closed, seal your lips over their mouth and give two initial breaths, ensuring that the chest rises with each breath.

If they are still not breathing, **commence CPR** until the ambulance arrives.

C

CPR: Place one hand on top of the other, palms facing down, over the centre of the chest (**Note - use only two fingers for infants**).

Compress the chest one third of the depth, 30 times, at a rate of two compressions per second.

Give 2 breaths for every 30 chest compressions.

Continue CPR until:

- Signs of life return
- Qualified help arrives
- It is impossible to continue (e.g. exhaustion)

D

Attach an automated external **DEFIBRILLATOR** if available and follow the prompts.