



DRSABCD

The Australian first aid action plan.



Unresponsive? Call 000. Use speakerphone and follow the call-taker.

D Danger

Check for traffic, electricity, fire and other hazards. Approach only when safe.

R Response

Speak loudly and gently tap the shoulders. If responsive, assess and manage the problem.

S Send for help

If unresponsive or seriously unwell, call 000. Ask someone to bring an AED.

A Airway

Open the airway. For an adult, tilt the head back and lift the chin. Remove only visible obstructions.

B Breathing

Look, listen and feel for normal breathing for up to 10 seconds. Occasional gasps are not normal breathing.

C CPR

Unresponsive and not breathing normally: start CPR. Give 30 compressions and 2 breaths if able; otherwise give continuous compressions.

D Defibrillation

Attach an AED as soon as available. Follow its prompts. Nobody touches the person during analysis or a shock.

Breathing normally but unresponsive?

Place on their side, keep the airway open and keep checking breathing. Start CPR if normal breathing stops.

For a baby or child

Airway and CPR techniques differ by age. Follow the 000 call-taker. Do not delay help.

Sources: ANZCOR 8: CPR and DRSABCD; Healthdirect: CPR.