

# DRSABCD



**St John**

Here for Life

IN AN EMERGENCY CALL **TRIPLE ONE (111)** FOR AN AMBULANCE

**D**

## Dangers?

Check for danger to yourself, bystanders and the patient.



**R**

## Responsive?

Check for a response: ask name, squeeze shoulders.  
**No response?** Send for help.

**Response?** Make comfortable, monitor breathing and response.



**S**

## Send for help

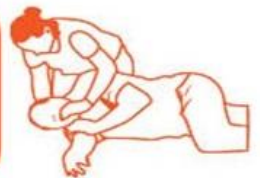
Call **TRIPLE ONE (111)** for an ambulance or ask a bystander to make the call.  
Stay on the line.



**A**

## Open Airway

Open the mouth and check the airway for foreign material.  
**Foreign material?** Place in the recovery position and clear the airway.  
**No foreign material?** Leave in position.  
Open the airway by tilting the head back with a chin lift.



**B**

## Normal Breathing?

Check for breathing: look, listen, feel for 10 seconds.  
**Not normal breathing?** Ensure an ambulance has been called and start CPR.  
**Normal breathing?** Place in the recovery position and monitor breathing.



**C**

## Start CPR

30 chest compressions : 2 breaths.  
Continue CPR until help arrives or the patient starts breathing.



**D**

## Attach defibrillator

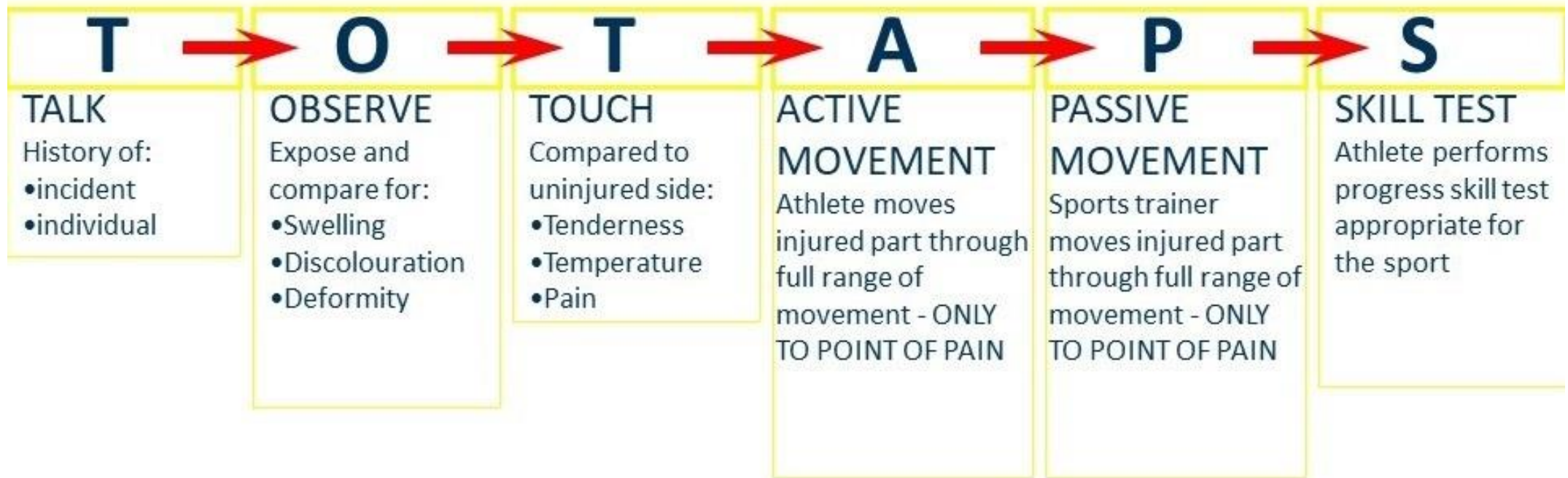
and follow the voice prompts.



# STOP



# TOTAPS





# P

## Protect



Protect your injury from further damage, for example, by using a support or splint.

# R

## Rest



Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.

# I

## Ice



Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.

# C

## Compress



Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.

# E

## Elevate



Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.

# R

## Refer



Ensure you are referred to a health practitioner for a complete assessment of the injury and so that a complete rehab plan can be commenced.