

DRABCD – 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 (unresponsiveness/unconsciousness). This can be done by a simple statement “open your eyes, squeeze my hand, let it go”. If you receive no response, call for help – emergency number ‘000’. If you call ‘000’ the ambulance call taker 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 type and the amount of drugs the person has taken tell the ambulance call taker 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:

For those who are not breathing, the next step is to place the person on their back and give two initial breaths, ensuring that the chest rises with each breath.

-If they start breathing, place them in the recovery position and monitor until ambulance arrives.

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

C

CPR: Give 30 chest compressions (almost 2 compressions/second) followed by two breaths. The positioning of the hands should be on the lower half of the breast bone (i.e., centre of the chest)

Adult/child: Compressions - use two hands with fingers interlocked.

Infant: Compressions – use two fingers.

Stop CPR if casualty shows signs of life, ambulance arrives or you are physically unable to continue. Continue CPR until –

- Signs of life return.
- Qualified help arrives.
- It is impossible to continue (e.g. exhaustion).
- An authorised person pronounces life extinct.

D

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