

D

DANGER

Check for danger

Make sure the area is safe before you approach, think of hazards: electrical, chemical, gases, fire, traffic, violence etc.



R

RESPONSE

Can you get a response from the patient?

Tap on shoulders, ask "Are you alright?"

Check the patients level of consciousness:

A - ALERT - Can you have a coherent conversation?

V - VOICE - Do they respond to a voice command, such as "Open your eyes"?

P - PAIN - Do they respond to pain stimulus, tap on shoulder etc?

U- UNRESPONSIVE - Do they not respond or react to anything?

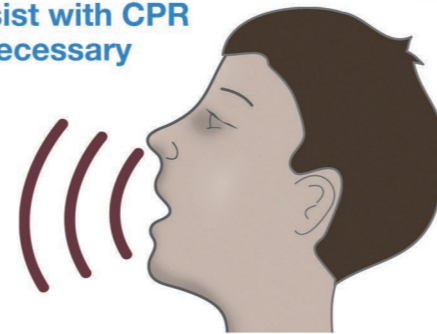
S

SHOUT

Call for help

Its good to have help. Help can;

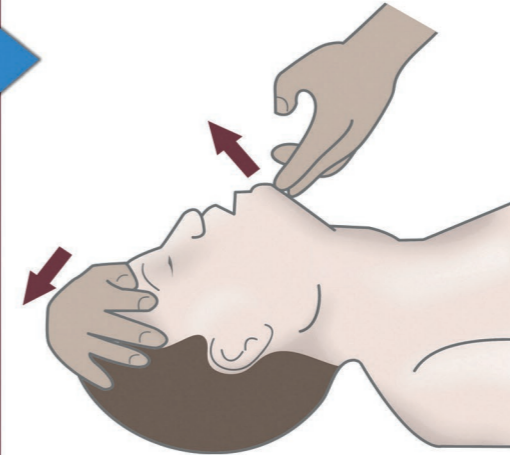
- Call an ambulance
- Get the Defibrillator or other equipment
- Move bystanders away
- Assist with CPR if necessary



A

AIRWAY

Open airway, using head tilt and chin lift or jaw thrust if suspected spinal injury.



B

BREATHING

Is the patient breathing normally?

LOOK, LISTEN and FEEL for **NORMAL BREATHING**

Recognise **AGONAL BREATHING** as a sign of cardiac arrest.

If patient is breathing undertake a secondary survey and place in the recovery position if necessary to aid breathing and keep airway safe.

If patient not breathing normally call 999

You must start CPR without delay if your casualty is not breathing or not breathing normally.

C

CIRCULATION

Start with 30 chest compressions

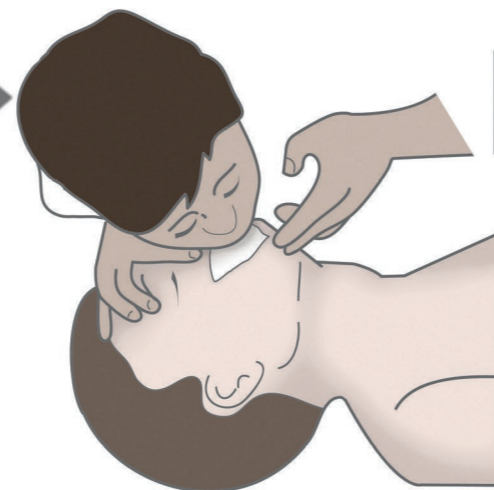
- a rate of 100-120 a minute and a depth of 5 - 6cm for adults (children 1/3 depth of the chest) (unless infant, child, or adult that has drowned in this case start with 5 rescue breaths before 30 compressions)



...then, 2 RESCUE BREATHS

Tilt the head back each time to ensure the airway is open.

Use a face shield, Bag Valve and Mask or Pocket Mask to provide you with protection.



D

DEFIBRILLATION

Once defibrillator attached, follow prompts and instructions

- Prepare chest:
- Ensure upper chest bare of clothing
- Remove patches on torso (GTN, HORMONE etc.)
- Shave chest if hairy
- Dry chest before applying pads
- Maintain gap of 5 cms from metal piercings
- Do not place pads within 5cm of implantable devices

THINK SAFETY! AVOID ANY CONTACT WITH PATIENT WHEN SHOCKING

Continue CPR and Defibrillation, until:

- The ambulance arrives and takes over
- The patient recovers
- You are too tired to continue
- A Doctor or Paramedic determines life extinct

