

DRSABCD Action Plan – Step-by-Step First Aid Guide

In an emergency situation the **DRSABCD** action must be followed first before starting CPR. If you have done so and deem CPR necessary for the casualty then follow the diagrams below.

CPR is performed at a ratio of

30

Compressions

2

Rescue breaths


D

DANGER

A Before doing anything, scan the area for hazards.

B Make sure it's safe to approach for: **Yourself, any bystanders, and the casualty.**

Do not rush in—your safety comes first. If the scene is unsafe, do not proceed until it becomes safe or emergency services arrive.



R

RESPONSE

Check for signs of consciousness using the **COWS** technique:

C
Can you hear me?


O
Open your eyes.

W
What's your name?

S
Squeeze my hands.

Speak clearly and loudly while gently shaking the person's shoulders.

⚠️ **No response?** They may be unconscious—send for help immediately.




S

SEND FOR HELP

Dial **triple zero (000)** or instruct someone nearby to make the call.

A Give clear details: your location, what happened, and the condition of the casualty.

B Keep the phone on speaker if possible so you can follow any instructions provided by the call taker.




A

AIRWAY

Check inside the mouth for blockages like food, vomit, or blood.

A If visible, gently turn the person on their side and use your fingers to clear it.

B Once the airway is clear, place them on their back. Tilt the head back slightly and lift the chin to open the airway.



B

BREATHING

Check for normal breathing. Use the **look, listen, and feel** method:

A LOOK for chest rise and fall


B LISTEN for breath sounds at the nose or mouth

C FEEL for air movement on your cheek

Take no more than **10 seconds** to assess.

If **breathing is present**, roll the person into the recovery position and monitor closely.

If **breathing is absent or abnormal (e.g. gasping)**, start CPR immediately.



C

CPR (CARDIOPULMONARY RESUSCITATION)

Begin CPR without delay:

30 chest compressions, followed by

2 rescue breaths

A Compress the centre of the chest using two hands for adults

B Push down firmly to a depth of **at least one-third** of the chest (approx. 5–6 cm in adults)

C Aim for a rate of 100–120 compressions per minute


D Allow the chest to fully recoil between compressions

E After 30 compressions, give 2 effective breaths, ensuring the chest rises

Continue CPR in cycles of 30:2 until:

- The person starts breathing normally
- An AED becomes available
- Medical professionals take over
- You become physically unable to continue

If you are not trained or unable to give breaths, **hands-only CPR** is still effective—continue with chest compressions alone.



D

DEFIBRILLATION (AED)

If an **Automated External Defibrillator (AED)** is available:

A Turn it on and follow the voice prompts

B Apply the pads to the person's bare chest as shown on the device

The AED will guide you through the steps and deliver a shock if necessary.

Continue CPR between analyses and shocks until signs of life return or emergency medical help arrives.

