

The DRSABCD or Basic First Aid Action Plan is the start of all treatment.

This plan will identify any life threatening injuries the casualty may be suffering from that will need urgent attention.

**D – Danger** – Is the Area Safe?

**R – Response** – Check for a Response. Is the casualty conscious?

**S – Send for Help** – Call for an Ambulance

**A – Airway** - Is the airway open and clear?

**B – Breathing** - Look, Feel and Listen for breathing

- ✓ If breathing is absent or the casualty is having breathing difficulties and no signs of life are present commence CPR.



## Examination of the Casualty:

### LOOK, FEEL, OBSERVE, AND LISTEN

#### Look for visible signs of injuries.

- ? Does the casualty have a medical alert necklace or bracelet?
- ? Does the casualty have a tattoo on the inside of their wrist with a medical problem written there?
- ? Is the casualty pale, sweaty, blue?
- ? Is the casualty bleeding?
- ? Are there any wounds, puncture marks, contusions?



#### Are they suffering symptoms?

Ask them:

- ? Do they have a headache?
- ? Are they in pain? If so where does it hurt?
- ? Do they feel sick, dizzy, or unwell?
- ? What happened?



#### Find out the casualty's history

If the casualty is conscious then take down a History. If they are unconscious, ask their friends and family or bystanders for help.

- ? Do they suffer from any allergies?
- ? Have they had any previous illnesses?
- ? Are they on any medications?
- ? When was the last time the casualty had anything to eat or drink, and what it was?
- ? What is their name and age?

If an Ambulance is required - call immediately - do not delay

## Complete a Head to Toe Examination

### Look and feel the head and neck

- ✗ Don't let the casualty move their head or neck.
- ✓ Run your fingers gently over the head and neck and look and feel for any bleeding, swelling, or lumps.
- ✓ Look at the face, nose, mouth and ears. Is there any bleeding or clear fluids running from the ears or nose?
- ? Are there any loose or knocked out teeth?
- ? Can the casualty talk and move their mouth?
- ? Is there any pain or deformities?
- ? Are their pupils equal in size?



### Look, listen and feel the chest

- ✓ Watch the rise and fall of the chest.
- ✓ Notice any increase in breathing or difficulty in breathing.
- ? Does the rib cage look deformed?
- ? Can you hear noisy breathing, a sucking noise or gurgling?
- ? Is there pain on breathing?

### Look, and feel the abdomen

- ? Is there any visible bleeding?
- ? Is there any pain in the region?
- ? Is there any swelling, bruising, trauma?
- ? Check the pelvis – does it hurt?

### Look and feel the limbs

- ? Are there any deformities, bruising, swelling, or bleeding?
- ? Have the limbs a loss of strength, movement or feeling?
- ? Is there numbness, pins and needles, or pain?
- ? Is the limb cold to touch and/or blue in colour?
- ? Are there any puncture wounds?

### Look and feel the spine

If the casualty has no pain or pins and needles, then gently log roll the casualty into the lateral position, supporting the neck and head.

- ✓ Look at the neck and spine.
- ✓ Feel for deformities.
- ✓ Check for bleeding, bruising, swelling or lacerations.

If an Ambulance is required - call immediately - do not delay

H & A Training PL RTO No:90871



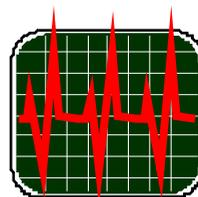
**If pain is felt in the back or the casualty complains of pins and needles or numbness in the legs or arms**

**DO NOT MOVE THE CASUALTY**

**Signs and Symptoms are missed in First Aid by rushing and not examining the casualty thoroughly**

**Vital Signs**

Vital signs consist of the pulse, respirations, skin colour and the level of consciousness. The pulse and respirations are counted over one minute. Do not take the pulse with your thumb, as your thumb has a pulse in it.



Pulse Rate	Respiratory Rate	Skin Colour	Consciousness
<i>Monitor the pulse</i>	<i>Monitor their breathing</i>	<i>Monitor Skin Changes</i>	<i>Level Changes</i>
<b>Rate –</b> fast or slow	<b>Rate –</b> fast or slow	Pink	Drowsy
<b>Rhythm –</b> regular or irregular	<b>Rhythm –</b> regular or irregular	Blue	Semi-conscious
<b>Strength –</b> strong or weak	<b>Depth –</b> shallow or deep	Warm	No response to stimuli
	<b>Sounds –</b> noisy, wheezy, gurgling, sucking	Cold	

***Normal Vital Signs***

	Pulse Rate	Respiration Rate	Blood Volume
Adult	72 average	15 breaths per minute	6 litres
Older child 9 - 14	80 average	17 breaths per minute	5 - 6 litres
Child 1 – 8	90 average	20 breaths per minute	2.5 litres
Infant >1	120 average	30 breaths per minute	750mls

**Manual Lifting:**

There is probably no safe method of lifting a heavy weight. If there is any doubt about the ability to lift an object, help should be sought or a mechanical aid used. Various state laws specify statutory maximum loads for manual lifting for both males and females.

**If an Ambulance is required - call immediately - do not delay**