

D.R.A.B.C.D

D check for DANGER

- to you
- to others
- to casualty

R check RESPONSE

- is casualty conscious?
- is casualty unconscious?

A check AIRWAY

- is airway clear of objects?
- is airway open?

B check for BREATHING

- is chest rising and falling?
- can you hear or feel air from mouth or nose?
- if no breathing, give 2 initial breaths

C give CPR

- if no signs of life = unconscious, not breathing and not moving, start CPR
- CPR involves giving 30-compressions at a rate of approximately 100 compressions per minute followed by 2 breaths.

D apply a DEFIBRILLATOR (if available)

