



# ASSURANCE TRAINING & SALES

## quick guide

### DRSABCD

- D** Danger
- R** Response
- S** Send for Help
- A** Airway
- B** Breathing
- C** CPR
- D** Defibrillation

### CPR

- INFANTS**- Use 2 fingers
- CHILDREN**- Use 1 or 2 hands
- ADULTS**- Use 2 hands
- 30 Compressions / 2 Breaths

### CHOKING

1. Call 000
2. Give up to 5 firm back blows between the shoulder blades.
3. If unsuccessful, give upto 5 firm chest thrusts in the centre of the chest.
4. Keep alternating back blows and chest thrusts until object is cleared.

## CALL 000 IN AN EMERGENCY

Poisons Information Centre 13 11 26

### MAJOR BLEEDING

1. Call 000.
2. Apply direct, sustained pressure to the wound.
3. Keep the area still.
4. If major bleeding from a limb, apply tourniquet.
5. Keep warm and treat for shock.

### MAJOR BURNS

1. Call 000
2. Run the burn under cool running water for 20 minutes (tap water).
3. Cover with a non-stick dressing such as clingwrap.
4. If possible, keep the area elevated.

### SNAKE BITE

1. Call 000
2. Apply a firm bandage over the entire bitten limb.
3. Splint the bitten limb
4. Immobilise the casualty.
5. Provide reassurance and keep the person still.
6. Don't move them.

### FRACTURES

1. Call 000.
2. Control any bleeding.
3. Support and immobilise the affected area.
4. Make the casualty comfortable.

### CHEST PAIN

1. Call 000.
2. Rest the person and assist them with any prescribed medication.
3. Give 300mg of Aspirin *(unless allergic)*