

DR ABC - Basic first aid.

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Danger

Response

Airway


Breathing:

Circulation

First Aid Primary Assessment

In your primary first aid assessment, look to see if a person's vital functions such as breathing and circulation are in place by following the process:

- Danger
- Response
- Airways
- Breathing
- Circulation



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Danger

Look around and use your senses to see if there is danger to yourself, the casualty or bystanders. If there is, you will need to deal with the danger first or more injuries can occur.

If possible move:

- the danger away from the casualty
- the casualty away from the danger

If you cannot do this, you will need to stand back and wait for help. This can sometimes be a tough decision, but it is important that you do not become a victim yourself.



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Response

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Circulation


Response

To check three different types of responses, gently shake the persons shoulders (just touch for a child or baby) and say;

- "Hello, can you hear me? Are you OK?"
- "Can you open your eyes?"
- "Can you squeeze my hands?"

No Response - shout or send for help.

Response - place in recovery position - place their near leg at 45° and put their near arm across their chest. Place their far arm at a 90° angle to their body and then slowly roll them over supporting their head.



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Airway

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Response

Airway


Breathing:

Circulation

Airway

You cannot breath without a clear airway. So this is important to check. To check the airway open their mouth and look for obstructions. If something you can see, like gum or vomit is blocking their airway, try and remove it.

NOTE: The Australian Resuscitation Council recommends checking the airway with the person still lying on their back rather than being turned on their side to check the airway. This is different from previous advice, but is now official policy.



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Breathing:

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Airway

Breathing:

Circulation

Breathing:


Look, listen and feel for normal breathing:

- Look for the chest rising
- Listen for sounds of breathing
- Feel for chest rise and exhaled breath

The nose of children and babies should also clear.

If the casualty IS breathing but they are UNCONSCIOUS, place them in the recovery position.

If the casualty is not breathing normally, dial 000 - then start EXPIRED AIR RESUSCITATION. (Watch video)



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Circulation

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Response

Airway

Breathing:


Circulation

Circulation

To check circulation, look for signs of life including colour, movement and pulse. The CAROTID pulse is found by placing two fingers to the groove in the side of the neck. Press lightly and feel for the pulse.

If the patient does have signs of circulation but IS NOT breathing, perform EXPIRED AIR RESUSCITATION.

If the casualty DOES NOT have signs of circulation and IS NOT breathing, perform CARDIO-PULMONARY RESUSCITATION (See video)



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