MEDICAL EMERGENCY ACTION PLAN

Defib First

D CHECK FOR DANGER

- Be mindful of the surroundings
- Ensure everyone is safe
- Bystanders are often the main hindrance

safe

unsafe

REMOVE POTENTIAL RISKS & HAZARDS OR MOVE CASUALTY OUT OF HARMS WAY

Manage bystanders by giving them tasks

If too dangerous - wait for Emergency Services to arrive

R ASSESS RESPONSE

- Nudge, talk, touch or gently shake
- Do not waste excessive time
- Someone who is unresponsive is in trouble

no response

if responsive

- Are they coherent & breathing without difficulty?
- Are they ill?
- Stay calm, reassure them; make them comfortable
- Ask about their medical history
- Check for & treat injuries, fractures or bleeding

Call 000 if concerned & stay with patient

S SEND FOR HELP

- An unresponsive casualty needs medical aid immediately.
- Call Emergency Medical Services (EMS), in Australia call Triple Zero – 000
- Have bystanders guide paramedics to scene

A CHECK & OPEN AIRWAY

- First look inside mouth - if not clear - roll patient onto their side to drain mouth: roll onto back; lift chin and tilt head back to open airway
- No head tilt for infants

B ANY BREATHING?

- Take no more than 10 secs
- LOOK for chest movements
- LISTEN for air movement from mouth
- FEEL for chest movements
- Absent, abnormal or noisy breathing – start CPR

abnormal or no breathing

normal breathing

Roll patient into Recovery Position (on their side), Gently extend neck to open airway, Stay with patient to monitor breathing until paramedics arrive

C COMPRESSIONS

- Do not waste time; minimise interruption to CPR
- CPR – PUSH FAST, PUSH HARD
- Repeat cycles: 30 Compressions & 2 Breaths
- Do not blow too hard or too slow
- Do not stop to check patient unless they resume normal breathing

D APPLY DEFIBRILLATOR PADS

- Remove clothing, open AED
- Follow the prompts
- Apply AED pads to bare chest asap
- If more than one rescuer - to reduce fatigue - change CPR positions every 2 minutes (whilst AED is re-analysing rhythm)

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Urban Lifesavers are ordinary people who know how to use a defibrillator, Do You?
urbanlifesavers.org.au