

The Medical Emergency Action Plan - DRSABCD - assists in the resuscitation of a victim of sudden cardiac arrest

A Medical Emergency Management Checklist assists rescuers to stay focused on tasks that will enhance the success of the rescue. Organisations cannot always rely on the belief that trained first aid staff will be on hand if a sudden cardiac arrest occurs. Everyone should know what to do.

Do all members of the organisation know:

- The exact location of the organisation's address (for guiding emergency services)
- If there is an automated external defibrillator (AED) on the premises and where to find it (easily accessible location)
- How quickly the AED can be retrieved (should be no more than 3 minutes away)
- How long it would take to get the AED to the casualty and minimise delay
- How to perform cardio pulmonary resuscitation (CPR) and operate the AED
- Where to apply the pads to the casualty's bare chest

Workplaces and organisations need to consider who will be allocated the following tasks:

- ✓ Phone 000 & stay on line with emergency operator for support and further instruction
- ✓ Time the event - it is important to record how long the event has continued
- ✓ Commence CPR
- ✓ Assist the CPR rescuers and change over rescuers regularly to reduce fatigue
- ✓ Retrieve the defibrillator and return it to the casualty without delay
- ✓ Attach & monitor the AED so that it is protected and remains connected to the casualty
- ✓ Manage the safety of the scene
- ✓ Manage the bystander crowd especially if others are distressed, agitated or in the way
- ✓ Ensure an elevator is isolated and made available for exclusive use of emergency services
- ✓ Wait for the emergency services or paramedics to arrive and guide them to the scene
- ✓ Take notes about the circumstances and actions taken by rescuers
- ✓ Notify the casualty's family or next of kin
- ✓ Hand over details of the event to paramedics & write a report
- ✓ Arrange for download of the data recorded on the AED (after the incident)
- ✓ Arrange for replacement of the AED pads and maintenance check of the unit

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