

## St John DRABCD Action Plan

The St John DRABCD Action Plan is a vital aid to the first aider in assessing whether the casualty has any life-threatening conditions and if any immediate first aid is necessary.

### **D** check for **DANGER**

- to you
- to others
- to casualty



### **R** check for **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)

- follow voice prompts