



First Aid Techniques

DR-ABC Emergency Procedures

There is not much point applying one of the First Aid techniques if the patient has stopped breathing or their heart is not beating.

In such cases, Emergency Procedures (DR-ABC) must apply first, or at least at the same time, if there is someone else to assist. When the victim is breathing again, complete the recommended First Aid technique, and immediately ring 000 for medical assistance.

What is CPR?

The CPR procedure (CardioPulmonary Resuscitation) is when you carry out a cycle of rhythmic compression of the victim's chest, with inflation of their lungs, to assist their blood circulation and breathing.

The A, B and C steps (Airway, Breathing, Compression) together form the old CPR procedure. However, modern thinking is that D (assessing the Danger) and R (deciding on your Response) are just as important. Hence the new approach is summarised as DR-ABC rather than simple CPR.

For a more complete explanation of DR-ABC go to the website at <http://www.avru.org>, or download the CSL/AVRU publication "Australian Venomous Animals First Aid Guide"

Bites and stings can be dangerous for those people with allergies, especially life-threatening general reactions (called anaphylaxis). Almost as many people die of venom allergy in Australia as from snakebite.

See specific instructions for the Allergic Reactions technique



How is it Done?

D Danger

*Assess the scene for danger.
Ensure that you, others and the victim are safe.*

There is no point having two victims.

R Response

Ask the victim to open their eyes and squeeze your hand. Or, test if the victim responds to touch by squeezing the victim's shoulders firmly.

*If responsive, apply first aid.
If unresponsive, follow ABC.*

A Airway

Open the patient's mouth, check the airway, clear any potential obstruction from the mouth to ensure that the victim can breathe.

B Breathing

Look, Listen and Feel for signs that the patient is breathing.

If the victim is not breathing normally, perform breathing assistance.

C Compression

Push directly down on the chest with equal time for compression and relaxation. Avoid rocking backwards and forwards, using thumps or quick jabs.

In an emergency call 000

For more information go to <http://www.avru.org>