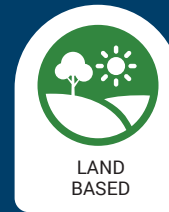


Everyday lifesaver



Lifesaving education programs

In this activity, participants will learn the emergency response sequence, DRSABCD.

Outcomes:

- Know the steps to take in an emergency (DRSABCD)
- Develop the knowledge and skills to provide basic CPR in an emergency
- Understand the importance of self-preservation in an emergency

Equipment:

- ☐ DRSABCD A-frame/poster
- ☐ Dangers (ie. toy spiders/toy snakes/toy mobile phone etc...)
- ☐ Manikins (if available) or pillow, towel or create a sand mound (anything that could represent a chest)
- ☐ Laminated picture of a defibrillator
- ☐ Cleaning products (ie. alcohol wipes)

Key messages:



Know what to do in an emergency situation



Be aware and be prepared



Call for help



Everyday lifesaver

Instructions:

- 1 Explain the importance of learning CPR.
- 2 Talk through the DRSABCD acronym, demonstrating each step as you go and asking participants to copy.
- 3 In pairs, have participants practice each step with their partner, before swapping roles to run through the practice again.
- 4 Show defibrillator (defib), explaining how it is used and where to find them.
- 5 Using items from the dangers tub as props, create a scenario for participants to practice their emergency response sequence.

The best way to keep rhythm doing CPR is to sing a song! (100-120 BPM)

Just Dance by Lady Gaga
Stayin' Alive by Bee Gees
Baby Shark by Pink Fong
Call Me Maybe by
Carly Rae Jepsen



The most important person is you!

Dangers



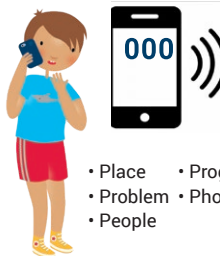
- Ensure the area is safe
- PPE if available

Response



Can you hear me?
Open your eyes?
What is your name?
Squeeze my hands and let go.

Send



- Place
- Problem
- People
- Progress
- Phone

Airway



- Chin lift
- Head tilt
- Recovery position
- Clear with fingers



Breathing

- Look
- Listen
- Feel



CPR



- 30 chest compressions
- 2 breaths
- Continue until help arrives

Defibrillator



- Uses electricity to shock or restart the heart

Video demonstration



Key questions:



Q. Who is the most important person in an emergency?

A. You are! Every year, people lose their lives while attempting to rescue someone in trouble. As the person on scene who is able to alert emergency services that help is required, your personal safety should be paramount!

Q. How can you protect yourself?

A. Check for dangers, wear PPE - (Personal Protective Equipment).

Q. What number should you call in an emergency?

A. 000

Extension: scenarios

Introduce real life scenarios where participants practice using DRSABCD. Examples:

- Snake bite in the bush
- Teacher collapses in the classroom
- Adult falls off ladder in backyard