

KidsFirstAid

DRS ABCD

D ANGER	Hazards/Risks/Safety to Rescuer, Bystander, Patient.
R ESPONSE	Is patient conscious? Gently shake and call name loudly.
S END FOR HELP	Send for help as early as possible. If on your own - yell out!
A IRWAY	Open and clear airway.
B REATHING	Look, Listen, Feel. If not breathing - give 2 rescue breaths.
C OMPRESSION	Give 30 chest compressions followed by 2 breaths.
D EFIBRILLATION	Automated External Defibrillators (AED) Use if available. Turn on and follow spoken/visual instructions.

Send for help: Call 000.
Send for help as early as possible.
If on your own – yell out!

EMERGENCY NUMBERS

AMBULANCE/POLICE/FIRE	000
POISONS INFORMATION	13 11 26
FAMILY DOCTOR	<input type="text"/>
FAMILY CONTACT	<input type="text"/>

CPR 30:2 Deep Compressions

♪ “Staying Alive” ♪

ANAPHYLAXIS/ALLERGIC REACTION

Lay patient down
Check for swelling in airway, tongue and throat
Assist with medications;
e.g. Epi-pen® injected into patient’s thigh
Compression bandage for sting allergies

BREATHING DIFFICULTIES

Lean child forward
Assist with puffers and medications

BITES AND STINGS

Non-Venomous – Ice pack for pain
Venomous – Pressure immobilisation bandage on affected limb then splint limb

BURNS/SCALDS **WATER WATER WATER!!!**

Cool the burn area with clean water for 20-30min
Remove clothing nappy & jewellery
Don’t apply any creams, lotions or gels

FITS

Protect child from harm. Loosen tight clothing
Recovery Position when fitting stops

DO NOT PUT ANYTHING IN CHILDS MOUTH

MENINGOCOCCAL DISEASE

S Serious concern
E Extremities Cold/Painful
R Rapid Onset of Symptoms
I Illness recently
O Other flu like symptoms
U Unresponsive to medications
S Skin abnormalities
* 2 or more key signs - need to follow up

DROWNING/IMMERSION

Roll to the side, drain fluid and assess breathing & CPR
After any immersion, every child **MUST** be assessed and observed in hospital

HEAD INJURY

Any of these danger signs require immediate medical assessment:

- Confusion/altered consciousness
- Vomiting
- Disturbed vision
- Fluid leak from ears or nose
- Bi-lateral bruising and/or gross swelling
- Minimise neck movement

BLEEDING

Apply pressure to site until bleeding stops
Constrictive bandage above knee or elbow for life-threatening or unstoppable bleeding

FRACTURES

Support and splint any possible fracture
Restrict movement to reduce pain
Apply ice pack to injury

POISONS

Ph: 13 11 26 Poisons Information Line.
Collect container/s for identification
CPR if required

DO NOT INDUCE VOMITING UNLESS INSTRUCTED BY POISONS LINE

CHOKING

Partial Obstruction
Noisy Breathing – Encourage coughing
Complete Obstruction
Silent / Nil breathing
5 back blows. 5 chest thrusts
(repeat x 1) If not relieved – CPR



 1300 138 133

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 www.kidsfirstaid.com.au