First Aid Fact Sheet

SIREN
FIRST AID AND FIRE SAFETY TRAINING

DRSABCD Action Plan

D — DANGER

Ensure You, bystanders and the casualty are safe from danger

R — RESPONSE

Shout and gently shake or tap the casualty

No Response → Send for help	**Response** → keep them still, find out whats wrong

S — SEND

Send someone to call 999 or 112 and get a defibrillator (if available).

A — AIRWAY

Carefully open the airway by using 'head tilt' and 'chin lift'

B — BREATHING

Look, Listen and Feel for 10 seconds

Not Breathing - Start CPR	Breathing normally → Place in the recovery position

C — Circulation

30 Compressions followed by 2 Breaths

Push down on the centre of the chest 5 - 6cm
at a rate of 100 - 120 per minute

D — DEFIBRILLATION

Apply Defibrillator as soon as possible (if available) and
follow voice prompts after pushing the green button

Siren Training

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First Aid Fire Safety & Consultation Health & Safety AED and First aid supplies

Siren Training LTD, Nov 2015. These first aid protocols have been designed by current serving emergency service staff members and are for the UK market. This information is not a substitute for practical training with siren training.