D   R   S   A   B   C   D

D - Danger

This step is the same when both caring for a breathing or non-breathing causality.

Checking for danger before approaching any situation is critical. By rushing into a situation without adequately assessing the situation you can put yourself and others at needless risk. Dangers will depend greatly on the situation; hence it is important to assess each individual scene for unique dangers. These can include fire, traffic, fumes, gas leaks, smoke or even broken glass or blood.

If danger is present you need to make a logical decision as to whether it is safe to continue or not. Sometimes dangers can be removed, or the casualty may be able to be moved away from the danger. However, some dangers may present a great risk to yourself and others, and sometimes the best thing you can do is call 000 / 112 and enlist professional assistance to deal with the situation.

R - Response

This step is the same when both caring for a breathing or non-breathing causality.

Check conscious state, speak in a calm positive manner, identify yourself and ask if you can help. Always approach a casualty with caution, feet first. If there is no response and it is safe to do so, implement TALK and TOUCH.

- TALK - Tell me your name; squeeze my hand, both hands. Open your eyes, are you O.K?
- TOUCH - gently squeeze the casualty's shoulders and speak more loudly.

CALL FOR HELP, EMERGENCY NUMBER 000 / 112 (mobile phone)

S - Send for Hep

This step is the same when both caring for a breathing or non-breathing causality.

Once you have determined the casualty is unconscious, you should next immediately send for help. Yell out for assistance! If there are any bystanders, instruct them to call **000 / 112**. If you are alone and have access to a phone, call **000 / 112** and clearly explain the situation.

Remember, early access, early CPR, early defibrillation and early advanced care all maximise the chance of a casualty's survival. The earlier paramedics are notified and attend, the better the chance the casualty will survive.