

## OXFORD FIRST AID SOCIETY (OFAS) - PRIMARY SURVEY FOR FIRST AIDERS - DR. ABC

There's a casualty, and you're first on scene.

Act quickly: **think DR. ABC for your primary survey:**

- 1) **CHECK FOR DANGER.** Before you do anything else, look out for anything that could possibly harm you, the first aider. Remember, you are no good as a helper if you are too injured to help!

If it's safe to approach the scene, you are ready to...

- 2) **Check for a RESPONSE.** Call the casualty's name loudly, say 'open your eyes', introduce yourself, ask them questions, tap a shoulder firmly, pinch their earlobes (after warning them, as a last resort!), to see if they are alert, able to answer you, and are responding to touch or pain.

Is the casualty responsive to anything? If not -or if in doubt- shout for help. Then, either way...

- 3) **Check AIRWAYS.** Can the casualty talk comfortably? Does their breathing sound strange? If they are unresponsive, loosen tight clothing at the neck and tilt their head backwards gently for them, placing one of your hands at the forehead and two fingers of the other hand under their chin to open their airways as much as possible. Are there any visible airway blockages in the casualty's mouth and/or nose? ONLY remove a blockage if you are certain it is safe to do so.

- 4) **Check for BREATHING and BLEEDING.**

**Bleeding:** If you see heavy bleeding, quickly stem the flow with pressure using rolled-up bandages secured to the wound and **CALL for help.**

**Breathing:** Post-Covid, do not put your face near the casualty's nose or mouth to check for breathing. Instead, observe the chest for regular and normal movement and listen for regular and normal breathing sounds within the rate of 12-20 breaths per minute (adults).

Is the casualty breathing normally? If not...

- 5) **CALL for help.** Call 999 or 112 (ambulance services), and call people around you to collect an Automated External Defibrillator (AED) and help you deliver CPR until medical help arrives.

Post-Covid, do only chest compressions for CPR: follow the AED prompts if you have one. Or, with straight arms, place one hand over the other\* in the centre of the casualty's chest and press down firmly (5-6cm) 30 times at a rate of 100 compressions per minute, then check for breathing again. Repeat until help arrives or the casualty regains normal regular breathing and/or signs of consciousness. If possible, alternate with somebody else every 2 minutes to avoid fatigue.

Want to know what to do in more situations? View our term card at [our Facebook page](#) for upcoming talks, and [sign up](#) to our mailing list to receive weekly updates on sessions.

### **More resources**

[The Resuscitation Council's How To Do CPR Animation \(2-minute video\)](#)

[St John Ambulance's Emergency FirstAid Poster \(free downloadable PDF with diagrams\)](#) (see next page)

\*Use two fingers for infants and one hand for young children.

# EMERGENCY FIRST AID ADVICE

If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.

## Assess the situation

- > Is it safe to approach the casualty?
- > Don't put yourself in danger

## Stay calm

- > Try to think clearly
- > Comfort and reassure the casualty

## Give emergency help

- > Prioritise the most life threatening conditions
- > Try to treat any casualties where you find them
- > Ask bystanders to help you if they can
- > Call 999/112 for emergency help

## The Primary Survey

- > Use **DR ABC** to identify life threatening conditions
- > Remember the unresponsive casualties are at greatest risk.

## Remember

- D**anger
- R**esponse
- A**irway
- B**reathing
- C**irculation

## WHAT TO DO IF SOMEONE IS UNRESPONSIVE

1. Open their airway
2. Tilt head



3. Check for normal breathing for up to 10 seconds



4. If they're breathing normally:

- > Put them in the recovery position
  - > Then call 999/112 for emergency help
- If they're not breathing**
- > Call 999/112 for emergency help
  - > Start CPR.



## WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

1. Call for help

- > Tell them to call 999/112 and find an AED



2. Pump

- > Give 30 Chest compressions at a rate of 100-120 per minute



3. Breathe

- > Give two rescue breaths. If unwilling or unable, do chest pumps only



Continue to pump and give rescue breaths until help arrives.

## WHAT TO DO IF SOMEONE IS BLEEDING

1. Press it



2. Call 999/112 for emergency help



3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.



## WHAT TO DO IF SOMEONE IS IN SHOCK

1. Lie them down

- > Their legs should be raised and supported



2. Call 999/112 for emergency help



3. Loosen any tight clothing

4. Keep them comfortable and warm

5. Monitor their level of response

- > If they become unresponsive prepare to give CPR.

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