

Further Information

Assessing for consciousness - DRSAB and COWS (hang cards/posters provided with the words on the wall/board)

1. **DANGER.** Is there danger to you or others? EG if the unconscious person was electrocuted, turn the power off, if the person is at a busy party, ask people to move away.
2. **RESPONSE - COWS** – determine if you can get a response
 - Ask: Can you hear me?
 - Say: Open your eyes.
 - Ask: What's your name?
 - Say: Squeeze my hands (hold both hands in case the person has had a stroke).

"If there's no response, they are unconscious and in trouble, so:

3. **SEND** for Help. Dial 000 or use the Emergency + app. Ask for an ambulance and stay on the line. The Police do not come with ambulances even if there are drugs involved. The police will only be called if the Ambulance officers believe they may be in danger ie. someone is being overly aggressive towards them.
4. **AIRWAYS.** Check airways for obstructions by opening the mouth. If there is an obstruction, put the person in the recovery position and clear the airways using their shirt or another material. If there is no obstruction check if the person is breathing.
5. **BREATHING.** Check for breathing by looking for chest movements (up and down). Listen by putting your ear near to their mouth and nose. Feel for breathing by putting your hand on the lower part of their chest. If the person is unconscious but breathing, put them in the recovery position (which we will show you how to do in a moment) and wait for an ambulance. If the person is unconscious and not breathing, try to find someone who is qualified to administer CPR."

Recovery Position – 5 step Process

*Display images of the 5 steps process for students to refer to

Step 1 is to extend the person's left arm at 90 degrees to their body

Step 2 is to put the person's right arm across their chest

Step 3 is to bend the right knee

Step 4 is to place one hand behind the person's right shoulder and one hand behind their right hip and roll the person to his/her left side. A good airway needs to be maintained at this time

Step 5 is to bring the right leg out to form a 'h'."

What do you do if the unconscious person is on their front?

Kneel on the left side of the volunteer and demonstrate carefully extending both arms forward above their head, rolling them onto their side - like a log roll (i.e. by pulling their shoulder and hip towards you) then moving the arms and legs into the usual recovery position.

Scenario Discussion Points

CONDITION	LOOKS LIKE/ SYMPTOMS	WHAT TO DO
SHOCK	<ol style="list-style-type: none"> 1. How a Frog belly looks – pale, cold & damp 2. Nausea/Vomiting 3. Grumpy/ dopey/ unconscious 	<ol style="list-style-type: none"> 1. DRSAB COWS (If they fall unconscious) 2. Reassure 3. Rest 4. No food or drink until they look normal (if they fall unconscious) 5. 000 if getting worse

CONDITION	WHAT TO DO
BLEEDING	<ol style="list-style-type: none"> 1. DRSAB COWS 2. Pressure 3. Elevation (above the heart) 4. Dial 000

CONDITION	LOOKS LIKE/SYMPTOMS	WHAT TO DO
OVERHEATING	<ol style="list-style-type: none"> 1. Starts off red, hot, sweaty 2. Fatigue 3. Thirst 4. If they're red, hot, DRY: = no sweat left, they should be in hospital 5. May have cramps or seizures. 	<ol style="list-style-type: none"> 1. DRSAB COWS 2. Rest 3. Reassurance 4. Small sips water 5. Monitor 6. Cool slowly. Wet cloth over neck, armpits, wrists. 7. 000 if not sweating any more

CONDITION	LOOKS LIKE/SYPTOMS	WHAT TO DO
SEIZURES	<ol style="list-style-type: none"> 1. One or two minutes of odd behaviour 2. Jerking, posturing or stiffening of arm/s or leg/s, twitching of face 3. Disorientation when regaining consciousness 	<ol style="list-style-type: none"> 1. Dial 000 2. Move things away 3. DRSAB COWS 4. Ensure person is safe: cushion head 5. When they go soft, recovery position