

# Resuscitation Chart



**D**



## Danger

Check for **D**angers to yourself, bystanders and the casualty.

**R**



## Response

Check **R**esponse by talk and touch.

**S**



## Send for help

If unresponsive **S**end for help by calling **000** for an ambulance (or dial 112 from a mobile phone).

**A**



## Airway

Open and clear **A**irway. To clear the airway, roll the patient onto their side and lift chin and tilt head backwards. Don't tilt head back on a baby.

**B**



## Breathing

Look, listen and feel for **B**reathing, take no more than **10** seconds. Blue lips and/or face on an infant is not breathing.

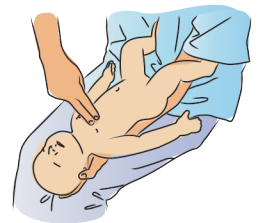
**C**



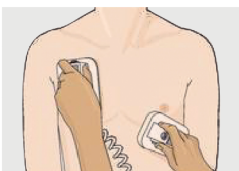
## CPR

If not breathing, give **30 C**ompressions and 2 breaths. Use 2 fingers on a **B**aby, 1-2 hands on a **C**hild, and two hands on an **A**ult.

(If unable to administer breaths continue compressions. Compression rate of 100-120 per minute in the center of the chest and be 1/3 of the patients chest depth).



**D**



## Defibrillation

For an adult or if "child friendly", attach AED (**D**efibrillator) as soon as available. Turn on AED and follow voice prompts.



**Continue CPR** until qualified personnel arrive or normal breathing returns.

**Book your next First Aid Course**

We come to you at home or work, 7 days a week, specialising in baby and child related First Aid.

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# ACTION PLAN ACTIVITY



The pictures are in the wrong order!  
Draw a line from the picture to the correct step in the Action Plan

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### Danger

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### Response

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### Airway

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### Defibrillation

For an adult or if "child friendly", attach AED (**D**efibrillator) as soon as available. Turn on AED and follow voice prompts.

### What is a Defibrillator?

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Continue CPR until qualified personnel arrive or normal breathing returns.

### What is the 'Chain of Survival'?

These pictures are out of order! Number the pictures from 1 – 4 and fill in the blanks.

Number _____	Number _____	Number _____	Number _____
			
Early _____	Early _____	Early _____	Early _____

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# HOW TO CALL 000 ACTIVITY

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## Draw a map!

Draw a map of your street and the surrounding streets.

Make sure you include:

- Landmarks near your house (Parks, schools, shops, etc...)
- Nearest cross street

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*A landmark is something that is easily seen from far away – this could help the ambulance find you!*



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# ACTION PLAN ACTIVITY



## Scenario

Vanessa and Lucas were at the skate park. Lucas was riding very fast and collided with Vanessa. When Lucas fell, his head hit the side of the rail and he became 'unconscious'. Vanessa can hear and see that Lucas is breathing but she can't wake him up.

How can we help Lucas?

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## Fill in the blanks

	Baby (0-1year old)	Child (1-8 years old)	Adult (8 years old and over)
Compressions			
Breaths			
Pressure Hands / fingers?			



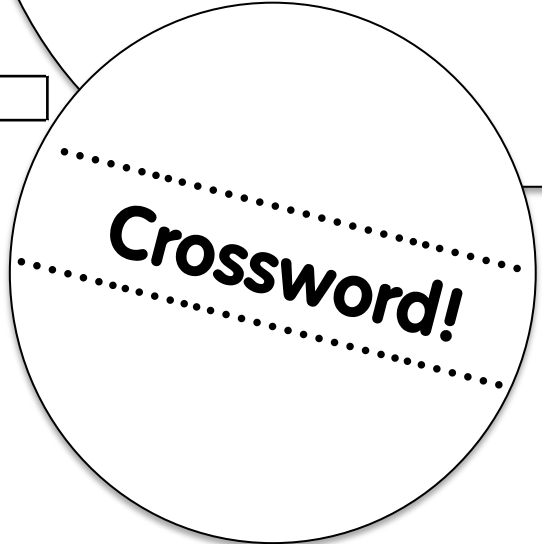
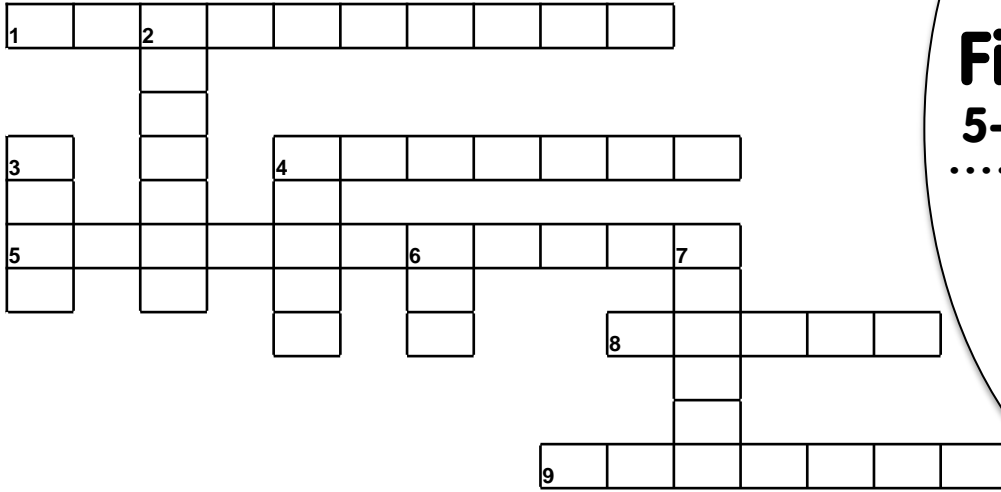
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# CROSSWORD ACTIVITY



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### ACROSS

1. The number to call in an emergency
4. What you can use to stop bleeding
5. What is it called when someone is breathing but not responding?
8. Treatment for burns
9. When your nose is bleeding, your head must be in this position

### DOWN

2. Treatment for a Redback spider bite
3. Colour of lips when not breathing
4. These are very painful when they are broken!
6. What you need to do if someone is not breathing and not responding
7. Used with a puffer if you have Asthma

### WORD BANK

- BONES                      WATER  
ICEPACK                  SPACER                  CPR  
FORWARD                  BANDAGE  
UNCONSCIOUS  
TRIPLEZERO  
BLUE



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S2  
S3

# HOW TO CALL 000 ACTIVITY



## How to call for an Ambulance

Dial 000

Say "Ambulance"

Tell them your address

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Tell them your phone number

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They will ask you

What happened?

Is the person conscious?

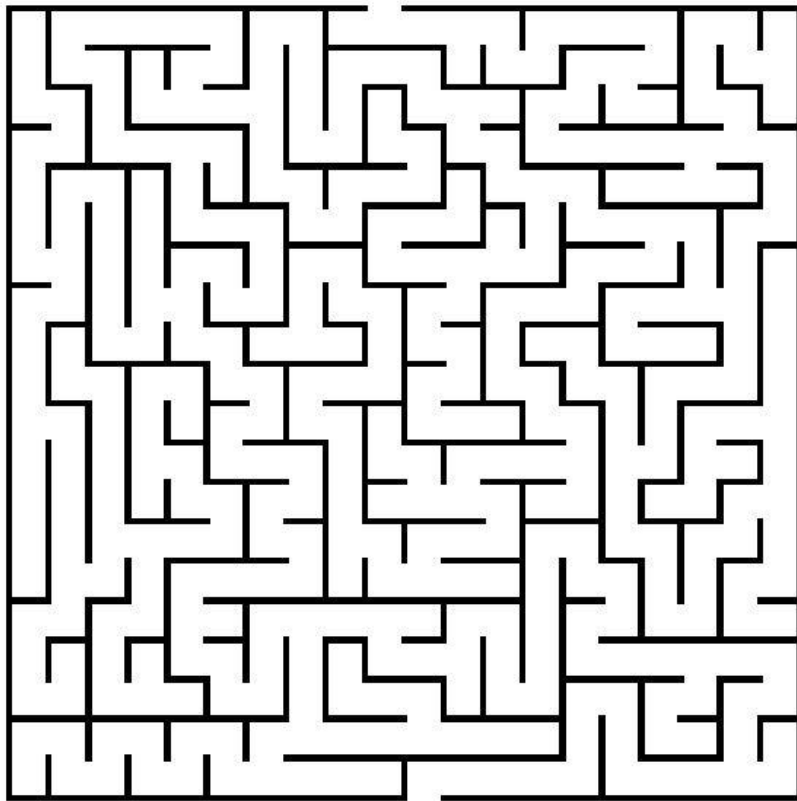
Is the person breathing?



**START**

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*Help the  
ambulance  
get to your  
house!*



**FINISH**



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# ACTION PLAN ACTIVITY

## Answers & Teacher Resources



### First Aid For Kids 5-12yrs Workshop

**D**



**Danger**  
Check for **D**angers to yourself, bystanders and the casualty.

**R**



**Response**  
Check **R**esponse by talk and touch.

**S**



**Send for help**  
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**A**



**Airway**  
Open and clear **A**irway. To clear the airway, roll the patient onto their side and lift chin and tilt head backwards. Don't tilt head back on a baby.

**B**



**Breathing**  
Look, listen and feel for **B**reathing, take no more than **10** seconds. Blue lips and/or face on an infant is not breathing.

**C**



**CPR**  
If not breathing, give **30** **C**ompressions and 2 breaths. Use 2 fingers on a **B**aby, 1-2 hands on a **C**hild, and two hands on an **A**ult.  
(if unable to administer breaths continue compressions)



**D**



**Defibrillation**  
For an adult or if "child friendly", attach AED (**D**efibrillator) as soon as available. Turn on AED and follow voice prompts.



Continue CPR until qualified personnel arrive or normal breathing returns.

Visit  
[resus.org.au](http://resus.org.au)  
for more  
information!

### What is a Defibrillator?

A Defibrillator gives the heart an electric shock to restart its normal rhythm.

### What is the 'Chain of Survival'?

These pictures are out of order! Number the pictures from 1 – 4 and fill in the blanks.

Number 2	Number 4	Number 3	Number 1
Early <b>CPR</b>	Early <b>ADVANCED LIFE SUPPORT</b>	Early <b>DEFIBRILLATION</b>	Early <b>ACCESS</b>

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S2  
S3

# ACTION PLAN ACTIVITY

## Answers & Teacher Resources

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### First Aid For Kids

#### 5-12yrs Workshop

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#### Lucas scenario

Get help from an ADULT

Call 000

Recovery Position

Continue to monitor breathing

If Lucas stops breathing commence CPR

Visit  
[resus.org.au](http://resus.org.au)  
for more  
information!

	Baby (0-1year old)	Child (1-8 years old)	Adult (8 years old and over)
Compressions	30	30	30
Breaths	2	2	2
Pressure Hands / fingers?	2 fingers	1 – 2 hands	2 hands

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S2  
S3



# CROSSWORD ACTIVITY

## Answers & Teacher Resources



### First Aid For Kids 5-12yrs Workshop

1	T	R	2	I	P	L	E	Z	E	R	O			
			C											
			E											
3	B		P	4	B	A	N	D	A	G	E			
	L		A		O									
5	U	N	C	O	N	S	6	C	I	O	U	7	S	
	E		K		E			P				P		
					S			R						
							8	W	A	T	E	R		
								C						
								E						
							9	F	O	R	W	A	R	D

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Crossword!

### WORD BANK

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UNCONSCIOUS  
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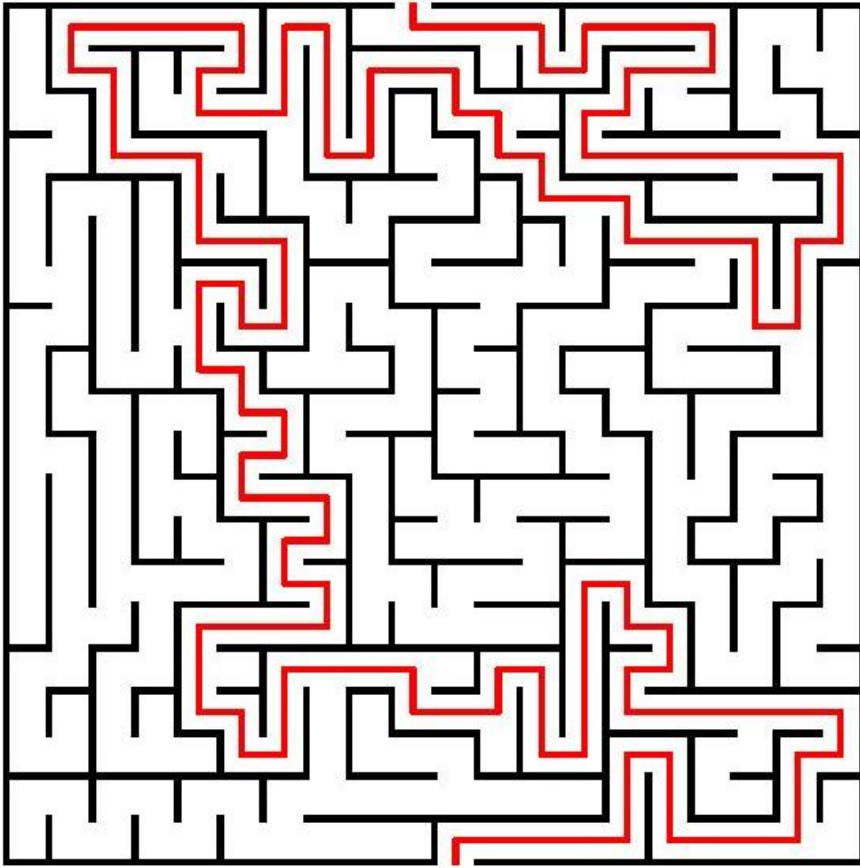
S2  
S3

# HOW TO CALL 000 ACTIVITY

## Answer & Teacher Resources



START



FINISH

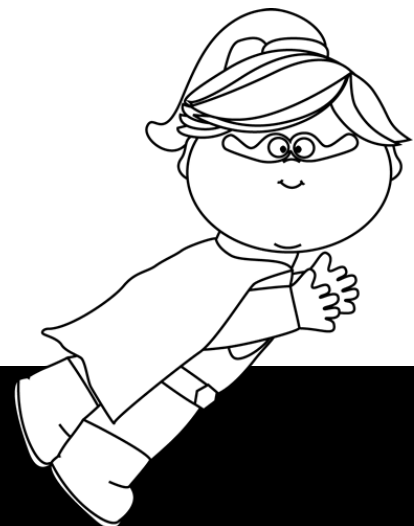
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5-12yrs Workshop

Watch the  
**'How to Call an  
Ambulance'**  
video online!  
.....  
[ambulance.nsw.gov.au](http://ambulance.nsw.gov.au)  
Kids Stuff  
Calling an Ambulance

### Discussion Topics

- Do you know your home address?
- Do your grandparents / Aunts / Uncles look after you sometimes?
- Do you know their address?
- Do you know your home phone number?
- Do you know your parents mobile phone numbers?



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