

U14 Activity Card



Basic life support - DRSABCD

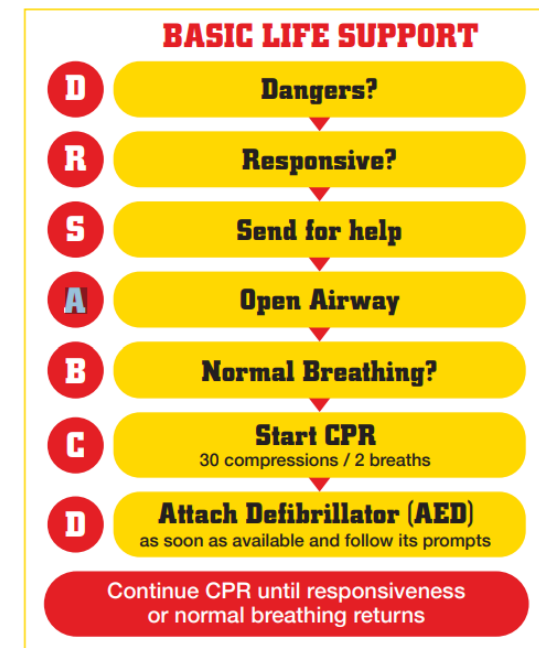
Equipment

CPR manikin.
PPE – gloves and face shield.

Matrix link



Diagram



Instructions

1. Use a demonstration through a video or trained person carry out the basic life support process on a CPR manikin. It is important that we only use videos of training on manikins not CPR being performed on real people.
2. Write the DRSABCD acronym on a whiteboard or similar and have group suggest the words based on what they saw and heard in the video.
3. Answer any questions that participants have but don't get into war stories.
4. Allow participants to practice parts and the whole process without being under intense observation or in front of everyone.
5. Reassure everyone that with practice they will learn the process and let them know when they can practice with the manikins next.

Top tips

[Surf Lifeguard Training Manual](#)