

MEDICAL EMERGENCY RESPONSE

First Aid Procedure - DRSABCD

- D** - Danger
- R** - Response
- S** - Send for help, call Triple Zero (000)
- A** - Airway
- B** - Breathing
- C** - CPR (30 chest compressions : 2 rescue breaths)
- D** - Defibrillator

Club Details

Club Name: Miranda RSL Youth Club

Address: Miranda Youth Centre, Central Road, Miranda, NSW, 2228
(Located in Seymour Shaw Park, next to the Miranda War Memorial)

Club Phone Number: (02) 9524 5958

The first aid equipment is located: on top of the storage cube unit outside the office

The defibrillator is located: on the side of the storage cube unit outside the office

Member medical information is held by: Robert Bull (Head Coach)
Home: (02) 9522 0484
Mobile: 0427 944 379
Address: 11 Graham Ave, Miranda NSW 2228

Closest intersection for emergency services: Central Rd/Parkside Ave, Miranda

Access points for emergency services:

Entry via Central Road - Enter through the double glass doors facing Seymour Shaw Park, go up one flight of stairs. Trampoline Hall on the left, Karate Room on the right.

Entry via Car Park - Enter via the double doors at the top of the wheelchair ramp at the rear of the building. The door is located in the hallway to the disabled toilet.

If an ambulance is called, send someone to stand at the War Memorial to direct the ambulance to the Club.

Additional Medical Contact Details

Local Medical Centre: Miranda Medical Centre - (02) 9540 1044
573 Kingsway, Miranda NSW 2228

Local Hospital (Public): The Sutherland Hospital - (02) 9540 7111
Kingsway & Kareena Rd, Caringbah NSW 2229

Local Hospital (Private): Kareena Private Hospital - (02) 9717 0000
86 Kareena Rd, Caringbah NSW 2229

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What to do when calling 000

- When you dial Triple Zero (000), you will first hear the recorded message:
'You have dialled emergency Triple Zero. Your call is being connected.'
- An operator will ask which service you require – police, fire or ambulance.
- Ask for AMBULANCE.
- You will be connected to an ambulance control centre.
- The call taker will ask you a standard set of questions to help organise the most appropriate service as quickly as possible.
- Stay calm. Speak slowly and clearly.

Questions asked by the call taker

Answering these questions to the best of your ability ensures that the paramedics have the most accurate information about the patient's condition and can assess the situation quickly.

- What is the exact address of the emergency?
- What is the phone number you are calling from?
- What is the problem, tell me exactly what happened?
- How old is s/he?
- Is s/he conscious?
- Is s/he breathing?

What happens next?

- Do not hang up until the call taker tells you to. You may need to hold the line until an ambulance arrives.
- The call taker may ask you additional questions and can also provide further assistance and/or medical advice depending on the emergency.
- If you have a life-threatening injury or illness, paramedics will be sent immediately.
- If you require medical assistance but do not have a life-threatening injury or illness, paramedics will be sent as soon possible.
- If you do not require onsite medical assistance, your call may be transferred to a registered nurse who can provide you with over-the-phone advice and direct you to alternate healthcare providers.

Always Remember

- Stay calm. Speak slowly and clearly.
- Answer the questions to the best of your ability
- Do not hang up until the call taker tells you to.