



FACT SHEET



Asthma Attack

Unconscious Patient

- Follow DRSABCD

Conscious Patient

1-Help the patient into a comfortable position

- Usually sitting upright and leaning forward
- Be reassuring and tell patient to take slow, deep breaths

2-Help with administration of patient's medication (4:4:4)

- Give 4 puffs one at a time of a blue reliever inhaler (use a spacer if available)
- Patient takes 4 breaths after each puff
- Wait 4 minutes
- If no improvement, give another 4 puffs

3-If little or no improvement within minutes

- Ensure an ambulance has been called on Triple Zero (000)
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Note

Where permitted under local State or Territory regulations, and if necessary:

- Use another person's reliever inhaler, or use one from a first aid kit to assist patient with a severe asthma attack
 - If someone is having difficulty breathing, but has not previously had an asthma attack, assist in giving 4 puffs of a reliever and continue with 4 puffs every 4 minutes if required, until an ambulance arrives.
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Excite Safety Training Pty Ltd

PO Box 735 Cronulla NSW 2230

Ph: 0432 614 963

www.excitesafety.com.au

enquiries@excitesafety.com.au

The above information is the recommended action to take during an emergency situation. Excite Safety Training recommends that First Aid training be obtained and that these tools and information are not a replacement for obtaining First Aid training. Excite Safety Training will in no way be held responsible for the incorrect application or misuse of this information.