The St John DRABC Action Plan is a vital aid to the first aider in assessing whether the casualty has any life-threatening conditions and if any immediate first aid is necessary.

D check for DANGER
- to you
- to others
- to casualty

R check RESPONSE
- is casualty conscious?
- is casualty unconscious?

A check AIRWAY
- is airway clear of objects?
- is airway open?

B check for BREATHING
- is chest rising and falling?
- can you hear casualty’s breathing?
- can you feel the breath on your cheek?

C check for signs of CIRCULATION
- can you see obvious signs of life—any movement, including swallowing and breathing?
- observe colour of skin on face
- can you feel a pulse?