
Chapter 5. Part 2. Automated External Defibrillator (AED)

Chapter 5 • Cardiopulmonary Resuscitation (CPR) and Emergency Response

Part 2 • Emergency Response Planning

(How to prepare for emergencies and decide who to help first)

1 Developing and Implementing an Emergency Action Plan (EAP)

What is an Emergency Action Plan?

An **Emergency Action Plan (EAP)** is a written, step-by-step guide for how you and your team will respond to any medical emergency—big or small.

A good EAP helps everyone know exactly what to do, who does what, and where to find equipment or call for help.

Key Steps to Create an EAP

- 1. Identify possible emergencies**
 - Heart attack, asthma attack, fractures, severe bleeding, fire, natural disaster, etc.
 - 2. Assign clear roles**
 - Who will call for help (EMS/ambulance/112)?
 - Who will get the first aid kit or AED (defibrillator)?
 - Who will give first aid or start CPR?
 - Who will meet and direct the ambulance?
 - 3. List emergency contacts**
 - Display important numbers (EMS/112, local hospital, fire department) where everyone can see them.
 - 4. Know your resources and their locations**
 - First aid kit, AED, fire extinguisher, exits—mark their places with clear signs.
 - 5. Write clear instructions and keep them visible**
 - Post the EAP in the clinic, gym, or classroom.
 - 6. Practice the plan regularly**
 - Hold drills and practice scenarios every few months so everyone remembers what to do.
 - 7. Review and update the plan**
 - After a real emergency or a drill, review what worked and what needs fixing.
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Example: EAP for a Sports Field

- **Coach A:** Checks the player and starts CPR if needed.
- **Coach B:** Calls 112 and brings the AED/first-aid kit.
- **Coach C:** Directs the ambulance to the field.
- **All staff:** Clear the area and keep bystanders back.

Post this plan near the field and review before every event!

2 Triage and Prioritization in Emergency Situations



What is Triage?

Triage means sorting patients by how badly they are hurt and who needs help first. It is used when there are many casualties but limited helpers, time, or equipment (like in accidents or disasters).

Basic Triage System (Colour Code Method)

Colour	Meaning	Action	Examples
Red	Immediate	Help right now—life at risk	Not breathing, heavy bleeding, shock
Yellow	Delayed	Help after red—serious, not dying	Stable fracture, burns, moderate asthma
Green	Minor	Can wait—mild injuries	Bruises, small cuts, can walk
Black	Deceased	No help possible	No signs of life, not breathing after CPR

How to Do Triage (Step-by-Step)

- 1. Check who can walk.**
 - Ask everyone who can move to go to a safe spot—these are “green.”
- 2. Check for breathing.**
 - Not breathing after you open airway? Tag “black.”
 - Breathing? Move to next check.
- 3. Check breathing rate and bleeding.**
 - Very fast or slow breathing, or severe bleeding? Tag “red.”
- 4. Check mental status.**
 - Unconscious/confused? Tag “red.”
- 5. Stable, but not able to walk?**
 - Tag “yellow.”

Remember:

- Always help the “red” group first, but re-check others regularly—conditions can change.

3 Tips for Emergency Planning and Triage

- **Keep calm**—panic leads to mistakes.
- **Communicate clearly**—use short, direct instructions.
- **Practice makes perfect**—regular drills build confidence and speed.
- **Write it down**—keep the plan and triage chart where everyone can see.

Key Take-Home Points

- A written, practised EAP saves lives.
- Triage sorts patients so the most urgent get help first.
- Practice, communication, and organization are your best tools in any emergency.