ALCOHOL & DRUG

Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance

ALCOHOL OVERDOSE

- Occurs when a person drinks more alcohol than their body can process
- Can lead to poisoning and serious health risks
- Can result in serious harm or death



SIGNS & SYMPTOMS

- Feeling sick
- Vomiting
- Feeling shaky
- Having a hangover the next day
- Evidence of alcohol drinking, empty bottles or cans
- Decreased level of consciousness
- Confusion or disorientation
- Slow irregular or absent breathing/gurgling
- Risk of aspiration (choking)

WHAT TO DO

1 CHECK for danger, response & breathing
Check for danger, response and breathing.

2 Send for help
Dial Triple Zero (000) and ask for an ambulance immediately.

3 CPR (if not breathing normally)
30 compressions, 2 breaths
Use AED if required

4 Position & Support

- If breathing: place on their side (recovery position) to protect airway.
- Continually monitor breathing and responsiveness until help arrives.
- Commence CPR if stops breathing and is not responding.

DO NOT

- Leave the person alone
- Give food, drink, alcohol or unprescribed medications
- Try to make them vomit
- Walk the person around



DRUG OVERDOSE

- Occurs when a person takes more of a drug than their body can handle
- Includes opioids, stimulants, prescription medications and illicit substances
- May be accidental or intentional
  Can result in serious harm or death



SIGNS & SYMPTOMS

- Unresponsiveness or inability to wake
- Slow, irregular or absent breathing
- Slow heartbeat
- Gurgling/snoring (respiratory) sounds
- Blue or pale skin, lips or fingernails
- Extreme drowsiness, confusion, limp body
- Vomiting, seizures,
- Erratic behaviour or agitation (varies by drug)
- Evidence of drug use, empty pill packets, syringes, needles

WHAT TO DO

1 CHECK for danger, response & breathing
Check for danger, response and breathing.

2 Send for help
Dial *Triple Zero (000)* and ask for an ambulance immediately.

3 CPR (if not breathing normally)
30 compressions, 2 breaths
Use AED if required

4 Give Naloxone (opioid overdose only)
Suspect opioids if drugs such as morphine, codeine, methadone, oxycodone, heroin or fentanyl are involved.

- Lay the person on their back.
- Insert the intranasal spray into one nostril.
- Press firmly until it clicks to deliver the dose.
- Remove the nozzle.
- Repeat after 2–3 minutes if no response and another dose is available.

Important:

- Naloxone is not a substitute for CPR or emergency care.
- Prioritise CPR if the person is not breathing normally.
- Naloxone will not harm the person if opioids are not present.

Naloxone is available free and without prescription in all states and territories through participating pharmacies.

5 Position & Support

- If breathing: place on their side (recovery position) to protect airway.
- Continually monitor breathing and responsiveness until help arrives.
- Naloxone can still be given if the person is breathing but unresponsive
- Commence CPR if stops breathing and is not responding.

DO NOT

- Leave the person alone
- Give food, drink, alcohol or unprescribed medications
- Try to make them vomit
- Walk the person around

ETA Training
etatraining.com.au

1300 858 095
admin@etatraining.com.au