

First Aid

Rescue Breathing



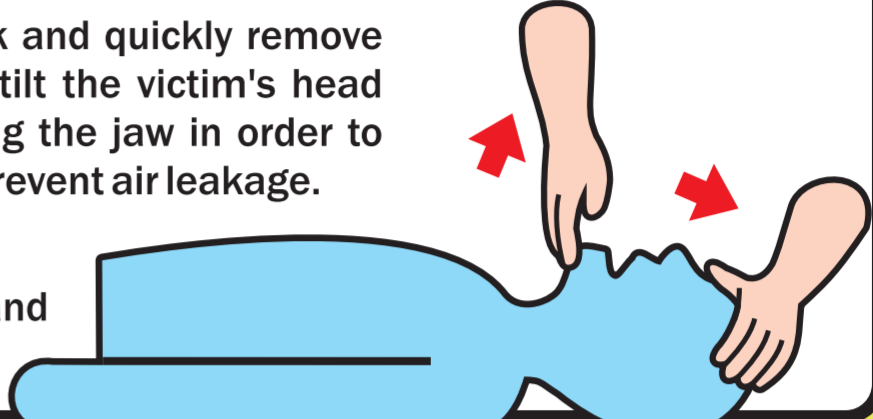
➔ Rescue Breathing is for victim who is not breathing but has a pulse. If no pulse, perform CPR.

1 An ambulance should be called at once. Perform rescue breathing until professional help arrives.

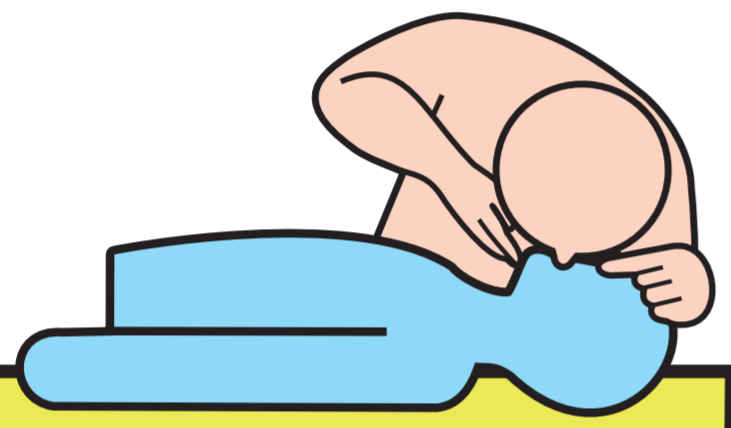


2 Carefully position victim on his/her back and quickly remove any foreign matter from mouth. Gently tilt the victim's head back by pressing the forehead and lifting the jaw in order to open the airway. Pinch off the nostrils to prevent air leakage.

For infants:
seal your lips tightly around the mouth and nose.



3 Give 2 slow breaths into the mouth. Blow until the chest gently rises. Remove your mouth and watch the victim's lungs deflate by themselves. Check for a pulse to make sure the heart is still beating. If no pulse, start doing CPR (see below section).



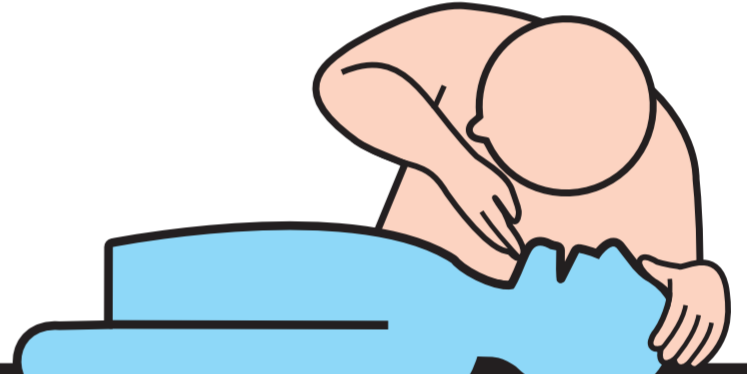
How to check pulse:
For adults and children over 1 year old, the pulse is most easily felt at the neck. Place the tips of your middle and index fingers on the victim's neck artery under side angle of lower jaw.



For infants (up to 12 months), put the tips of your middle and index fingers against the inside of the infant's upper arm.



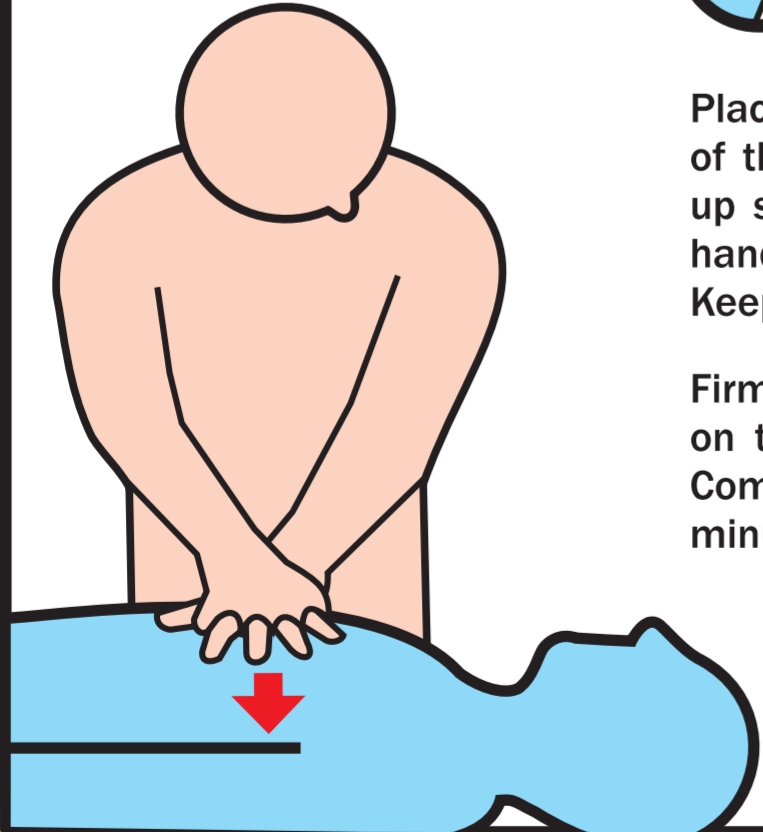
4 If pulse is present, continue blowing 1 slow breath every 5 seconds (for infants/small children, one puff every 3 seconds) until the victim begin breathing on his own or until the ambulance arrives. Recheck pulse and breathing about every minute.



CPR (Cardiopulmonary Resuscitation)

➔ CPR if for victim who is not breathing and has no pulse.

1 If no pulse, begin chest compressions by kneeling and facing one side of the victim. Place the heel of your hand on the center of the chest, between the nipples (about 2 fingers above the notch of the rib cage).

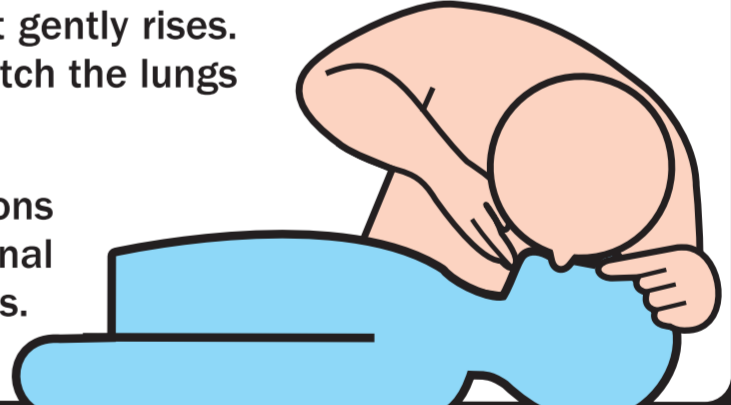


Place your other hand on top of the first, lift your fingers up so just the heel of your hands are doing the work. Keep your elbows locked.

Firmly push down 2 inches on the chest for 30 times. Compress at rate of 100 per minute.

2 Give 2 slow breaths into the mouth every 30 compressions. Pinch off the victim nostrils. Blow until the chest gently rises. Remove your mouth and watch the lungs deflate by themselves.

Continue with 30 compressions and 2 breaths until professional help arrives, or victim recovers.



For infants (up to 12 months):

Start compressions using two fingers only. 30 times with compression rate at 100 per minute.

Give 2 puffs every 30 compressions. Seal your lips tightly around the infant's mouth and nose when giving breath. Repeat until professional help arrives, or victim recovers.

