

FIRST AID ADULT RESUSCITATION

Check Airway

1. Check airway of an unresponsive victim.
2. Open victim's mouth and look for obstructions without tilting the head back.
3. If there is any obstruction or fluid, roll victim into recovery position and clear mouth and airway.
4. Check breathing while victim is in recovery position.
5. If no obstruction, leave victim on their back.

Check for Breathing

1. Open the airway by lifting the chin and tilting the head back. Do not press on the back of the neck.
2. Look at the victim's chest – is it rising and falling?
3. Listen for breathing place your ear near victim's face.
4. Feel for moving air on your cheek when near victim's nose and mouth.
5. Place one hand on their stomach to feel it rise and fall. This indicates normal breathing.

- A. Normal breathing is a minimum of 2 breaths per 10 seconds.
- B. If victim IS breathing; put them into recovery position.
- C. If the victim IS NOT breathing; call for medical assistance immediately. Start doing full Cardiopulmonary Resuscitation and then get a defibrillator.