



Your breath could save a life

mouth-to-mouth
mouth-to-nose
mouth-to-mask

E.A.R.

When breathing ceases, the oxygen supply to the brain is interrupted. If the oxygen supply is not restored quickly, death or irreversible brain damage will occur.

The air you breathe out is not useless. The amount of oxygen it contains will support life and the amount of carbon dioxide it contains will not harm the injured person.

Expired air resuscitation (or mouth-to-mouth, mouth-to-nose, or mouth-to-mask) must be used whenever breathing has stopped, whatever the cause—near drowning, suffocation, carbon monoxide poisoning, smothering, drug overdose, envenomation or heart attack.

All three methods are equally effective.

Which is used depends on:

- ◆ the circumstances
- ◆ the rescuer's preference
- ◆ whether a resuscitation mask is available.

Mouth-to-nose is used:

- ◆ in resuscitation in deep water
- ◆ if the jaws are clenched
- ◆ during resuscitation in infants and small children under two years of age when the rescuer covers the infant's mouth and nose with his mouth.

Mouth-to-nose cannot be used:

- ◆ if the nasal passages are blocked
- ◆ if an effective mouth seal is not obtained.

Be prepared for an emergency

Enrol in a resuscitation course

For details of classes contact:

- ◆ Australian Red Cross Queensland
- ◆ Queensland Ambulance Service
- ◆ Royal Life Saving Society of Australia
- ◆ St John Ambulance Australia
- ◆ Surf Lifesaving Queensland.

Practise

Technical skill is achieved only by repeated practice on mannequins.

Protect yourself

- ◆ wear gloves, goggles and use other protective equipment if available
- ◆ wash hands thoroughly as soon as possible.

Take the following steps:

- ◆ ensure safety for the rescuer and the injured person
- ◆ call for help
- ◆ commence resuscitation
- ◆ phone 000.



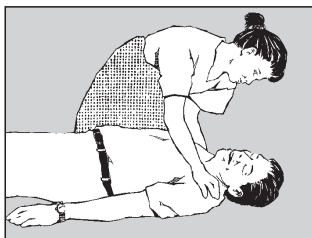
QUEENSLAND HEALTH
147-163 CHARLOTTE STREET
BRISBANE Q 4000
GPO Box 48
BRISBANE Q 4001

In an emergency stay with the injured person, call for help and resuscitate!

1 ENSURE SAFETY

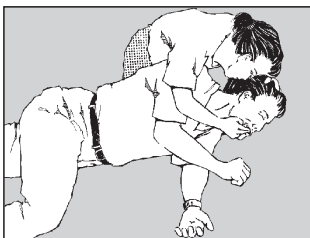
for yourself, the injured person and bystanders.

THIS CHART IS A GUIDE ONLY AND IS NOT A SUBSTITUTE FOR ESSENTIAL TRAINING IN RESUSCITATION



2 CHECK RESPONSE

Shake gently and shout a simple command, such as "open your eyes" or "squeeze my hand, let it go".



3 CLEAR AIRWAY

If no response, roll person on side. Tilt the head backwards with the face slightly downwards. Remove loose foreign material from front of mouth (leave firmly fitting dentures in place).



4 CHECK BREATHING

Look, listen and feel for breathing. If breathing present, leave person lying on side. If not breathing, turn person on back and kneel beside person's head.



5 TILT HEAD

ADULT: Tilt the head backwards and support jaw at the point of the chin. Avoid pressure on neck.

CHILD: A child may need head tilt. Support the point of the chin. Avoid pressure on neck.

INFANT: Do not tilt an infant's head backwards. Support the point of the chin.



6 BLOW

Place your widely open mouth over person's *slightly open* mouth, sealing the nose with your cheek.

ADULT: Give 5 full breaths in 10 seconds.

CHILD/INFANT: For an infant, cover mouth and nose. Blow gently until chest rises.



6a MOUTH-TO-MASK RESUSCITATION

If you have been trained in the use of a resuscitation mask, mouth-to-mask is an efficient method of resuscitation which avoids direct mouth-to-mouth contact. Use this method whenever a resuscitation mask is available.



7 CHECK AIRWAY

If the chest does not rise:

- ◆ check for airway obstruction
- ◆ make sure you have an airtight seal around mouth
- ◆ blow harder.

If the stomach rises:

- ◆ check airway - do not apply pressure to stomach.



8 CHECK CIRCULATION

Check carotid pulse in neck. If pulse present, continue 1 breath every 4 seconds for adults and every 3 seconds for infants and children until breathing restarts.

If no pulse is present and if you are trained, commence cardiopulmonary resuscitation.

9 CARDIOPULMONARY RESUSCITATION (CPR)

ADULT: Place the heel of your hand on the lower half of the breastbone. With the other hand around your wrist, compress the lower half of the breastbone.

Adult: 1/3 depth of chest (use heel of lower hand)

Child: 1/3 depth of chest (use heel of one hand only)

Infant: 1/3 depth of chest (use 2 fingers only)

ONE OPERATOR CPR

Adult/older child:

15 compressions followed by 2 breaths. Repeat 4 times/min

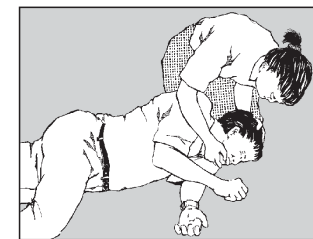
Young child/baby: 5 compressions followed by 1 breath. Repeat a minimum 12 times/min up to 20 times/min.

TWO OPERATOR CPR

5 compressions/1 breath.

Adult/older child: Repeat 12 times/min

Young child/baby: Repeat a minimum 12 times/min up to 20 times/min.



10 RECOVERY

Check for return of pulse and breathing after 1 minute and every 2 minutes thereafter. When pulse and breathing return, place person on side. Keep person's head tilted, jaw supported and face slightly downward. Protect from the environment. Stay with the person until he or she is taken to hospital.