



## Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

[www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### Rescue Breathing/CPR

#### Check for unresponsiveness.

- Does the victim respond?
- Tap or gently shake the victim (see Figure 1).
- Ask "Are you O.K.?" If there is no response shout, "Help!"

#### Position the victim.

- Roll victim on back if necessary (see Figure 2).
- Roll victim towards you as a single unit; as you roll victim, support the back of head and neck (see Figure 3).



Figure 1. Check for unresponsiveness



Figure 2. Position the victim

#### Open the airway.

- Place your hand - the one nearer victim's head - on victim's forehead.
- Place 2 fingers of other hand under bony part of lower jaw near chin.
- Tilt head and lift jaw. Avoid closing victim's mouth (See Figure 4).



Figure 3. Support the head and neck as you roll the victim



Figure 4. Open the airway

### Check for breathlessness.

- Place your ear over victim's mouth and nose.
- Look at chest, listen and feel for breathing for 3 to 5 seconds (See Figure 5).
- **Give 2 full breaths.**
- Pinch nose shut.
- Open your mouth wide, take a deep breath and make a tight seal around outside of victim's mouth.
- Give 2 full breaths. Look for chest to rise and fall. Listen and feel for escaping air (See Figure 6).



Figure 5. Give two full breaths



Figure 6. Check for breathlessness

### Check for carotid pulse.

- Locate Adam's apple with middle and index fingers of other hand.
- Slide fingers down into groove of neck on side closer to you.
- Feel for carotid pulse for 5 to 10 seconds (See Figure 7).

### Phone EMS for help.

- Tell someone to call for an ambulance.

### Begin rescue breathing.

- Give 1 breath every 5 seconds.
- Continue for 1 minute - about 12 breaths (See Figure 8).
- **Recheck carotid pulse.**

### What to do next:

- If pulse is absent, begin chest compressions.
- If pulse is present but victim still not breathing, continue rescue breathing.
- If victim begins to breathe, maintain open airway, and monitor breathing until EMS arrives.



Figure 7. Check for carotid pulse



Figure 8. Begin rescue breathing

## CPR:

### Locate compression position.

- Kneel, facing victim's chest.
- With middle and index fingers of hand, locate lower edge of victim's rib cage on side closer to you.
- Slide fingers up edge of rib cage to notch at lower end of breastbone (See Figure 9).
- Place middle finger in notch, and index finger next to it on the lower end of breastbone (See Figure 10).
- Place heel of hand nearer victim's head on breastbone next to index finger of hand used to find notch (See Figure 11).
- Place heel of hand used to locate notch directly on top of heel of other hand (See Figure 12).

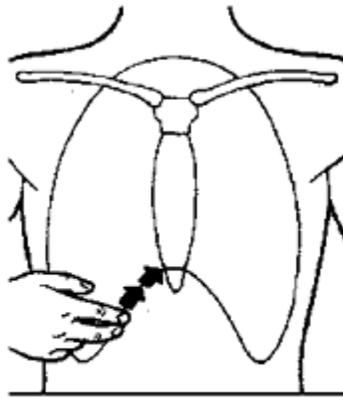


Figure 9. Slide fingers up edge of rib cage

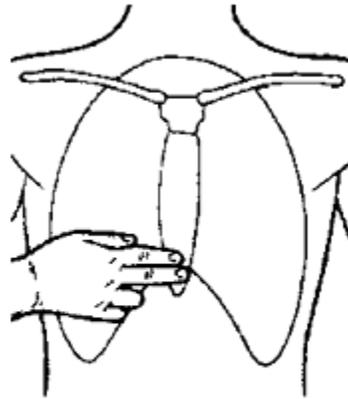


Figure 10. Place middle and index fingers on the lower end of the breastbone

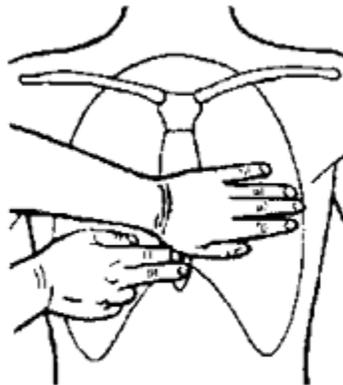


Figure 11. Locate compression position

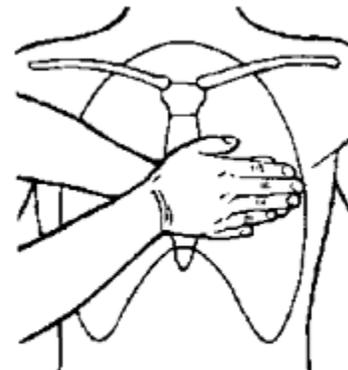


Figure 12. Place heel of hand directly on top of the other hand

- Position shoulders over hands, with elbows locked and arms straight (See Figure 13).
- Give 15 chest compressions (See Figure 14).
- Compress breastbone 1 inch to 2 inches (15 compressions should take 9 to 11 seconds).
- Give 2 full breaths
- **Do compression/breathing cycles** (See Figure 15).



Figure 13. Position shoulders over hands

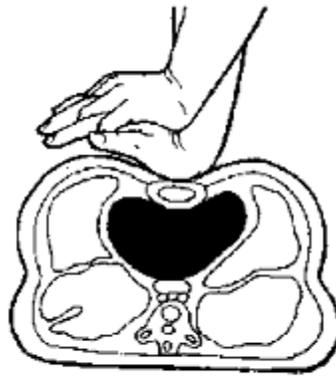


Figure 14. Compress breastbone one to two inches



Figure 15. Do compression / breathing cycles

- Do 3 cycles of 15 compressions and 2 breaths.
- **Recheck carotid pulse**
- **Give 2 full breaths**
- **Continue compression/breathing cycles**
- **What to do next.**
- If there is still no pulse, continue CPR.
- If pulse returns, check breathing.
- If victim is not breathing, begin rescue breathing.
- If victim is breathing, monitor until EMS arrives