

Mouth to mouth breathing

MOUTH-TO- MOUTH BREATHING (pulse present)

Every second counts if a casualty is not breathing, lack of oxygen could cause brain damage or death, so do not waste time!

Mouth-to mouth breathing:

1. Open the airway. Remove anything obvious which should not be in the mouth or throat.



2. Open your mouth wide and take a deep breath. Close the casualty's nostrils by squeezing with your finger and thumb.



3. Place your lips firmly around the casualty's mouth
4. Blow into the casualty's mouth, looking along his or her chest until you see it rise. (if the chest does not rise, first check the airway and, if that is clear, treat for choking of an unconscious casualty. See respective Page)
5. Remove your mouth, take another deep breath and continue at a rate of about **10 BREATHS PER MINUTE.**



6. If the casualty is small, blow into the mouth and nose.
7. If the casualty is a child, do not blow so hard and work at **20 BREATHS PER MINUTE.**
8. If casualty is a baby (under 1) just puff gently at **20 BREATHS PER MINUTE.**