

MOUTH-TO-MOUTH RESUSCITATION

RESCUE BREATHING - When a person cannot breathe for himself due to electric shock, gas asphyxiation, or drowning, you may restore breathing and save a life if you do the following AT ONCE:



- ① Place victim on his back.
- Remove foreign matter from victim's mouth. Tilt his head back.
- A coat or pillow under his shoulders will help.



- ② Elevate victim's jaw.
- Pull or push the jaw into a jutting-out position.
- This opens the air passages to the lungs.



- ③ Start rescue breathing AT ONCE.
- Pinch his nostrils shut.
- Blow air into victim's lungs:
If small child, 20 times a minute, gently.
If adult, 12 times a minute, vigorously.
- Repeat until victim revives.



- ④ If air is not getting to victim's lungs, foreign matter probably is in throat.
- To remove it, slap sharply between shoulder blades:
- ← If small child
If adult.



STUDY AND KNOW FIRST AID

- - - DON'T DELAY - - -

THE LIFE YOU SAVE MAY BE YOUR SHIPMATE'S