

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.



Elevate victim's jaw.

② 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