

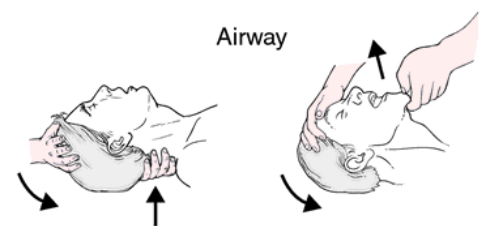
**Task:** a) *Work in pairs: summarize the following first aid procedure and be prepared to present it to your classmates.*

b) *Form groups of 4 to 8 students (A, B, C, D). Present the first aid procedure you have just prepared.*

## **D: Mouth to Mouth Resuscitation**

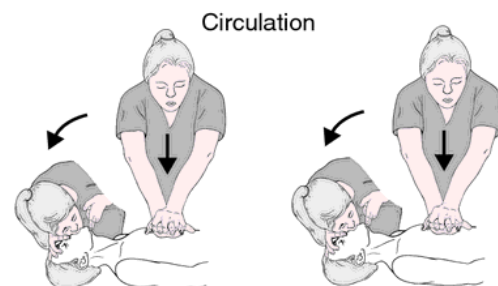
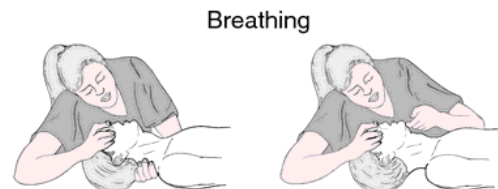
If given appropriately and without delay it can be life-saving:

1. Ensure patient's airway is clear by checking the mouth for any obstruction.
2. Pinch the patient's nostrils with your index finger and thumb.
3. Take a deep breath and place your mouth over the patient's mouth.
4. Blow steadily for about 1 second and watch patient's chest rising. If it does not rise, check for
  - Airway obstruction
  - Nostrils are firmly closed
5. Remove your mouth. Because of the elasticity of lungs the air in the lungs is exhaled out.
6. Repeat till patient starts breathing on his own.



### **For Babies and Small Children:**

- Place your mouth over both mouth and nostrils.
- Breathe gently.



### **annotations:**

**airway:** Atemweg – **obstruction:** Behinderung – **pinch:** (zusammen)drücken- **nostril:** Nasenloch – **thumb:** Daumen – **chest:** Brust – **firmly:** fest – **exhale:** ausatmen– **gently:** sanft