# First Aid/ A for Airway

# A for Airway

## The airway of the human body is one of the more important parts to be checked when providing first aid. The airway is the entrance point of oxygen and the exit point of carbon dioxide for the body. Should this become blocked, respiratory arrest or cardiac arrest (if left un-treated) may occur.

## An unconscious person's airway may be blocked when their tongue relaxes and falls across the airway. The technique used to open the airway is called the "head-tilt chin-lift" technique. The victim must be supine (lying on their back). With one hand on the forehead and the other hand under the chin, the victim's head is tilted back, and their chin lifted. The victim's jawline should be perpendicular to the ground.

## Conscious victims can normally maintain an open airway; if the victim is talking or has no respiratory distress, their airway is adequate.

## You may also check the airway for visible, removable obstructions in the mouth, which you could remove with a finger. You can remove any item in the mouth which is removable, but should not waste time trying to remove lodged items such as dentures.

## If a conscious victim's airway is obstructed by a foreign object, the object must be removed. Abdominal thrusts are the standard method for conscious victims. Refer to Obstructed Airway for unconscious procedures.