# First Aid/ B for Breathing

# Principles

## Human respiration works by inspiring fresh air, absorbing part (but not all) of the oxygen in it, which is then distributed to the cells by the blood, and exchanging carbon dioxide. Lungs have a capacity of a dozen of liters.

## When a victim stops breathing, spontaneous respiration can restart if stimulated by insufflations. However, a victim in respiratory arrest is likely to fall into cardio-respiratory arrest.

# Checking the respiration

## After opening the victim's airway, check for breathing. To do this, place your cheek in front of the victim's mouth (about 3-5 cm away) while looking at their chest. You can also gently place a hand on the centre of the victim's chest if you wish. You may be able to detect the following signs if the victim is breathing:

## 1. Feel the airflow on your cheek

## 2. Hear the airflow

## 3. See the chest rise and fall

## 4. Smell the breath of the victim

## 5. Feel the chest rise and fall under your hand (if you have placed it on the chest) Search for these signs for 10 seconds. If there is no breathing, you must start CPR.

# Rescue Breaths

## Start by giving two rescue breaths.

## • Maintain an open airway using the head-tilt chin-lift

## • Plug the nose of the victim with your free hand

## • Put your mouth on the mouth of the victim in an airtight manner, and blow into the mouth of the victim, do not blow forcefully as this may cause the air to enter the stomach, which will cause vomiting, the best way to avoid this is to blow air into the mouth just enough to make the chest rise

## • Let the air exit, and give another breath Continue with CPR compressions.