

(de specificat undeva in meniul First Aid urmatorul lucru) ***This material is taken from “First Aid” by Collins Gem.***

Checking for breathing

Use more than one sense:

- 1 look for movements of the chest or abdomen — confirm that these are smooth and regular;
- 2 listen close to the mouth or nose for sounds of breathing;
- 3 you should be able to feel the victim's breath on your face.

Opening the airway

- 1 The airway may be blocked by the position of the head (a).
- 2 To remedy this, press down on the forehead with one hand and with the other lift the chin with two fingertips (b). This action stops the tongue blocking the top of the airway.



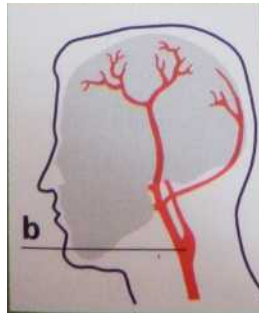
Clearing an obstruction from the airway

- 1 Turn the head to one side, keeping the chin forward and the top of the head back (a).
- 2 Sweep around the inside of the mouth above the tongue with two hooked fingers and remove any foreign material. Do this quickly. Do not waste time.
- 3 Check for breathing.
- 4 Check the pulse.



Checking the pulse

- 1 Breathe deeply to calm yourself, if necessary.
- 2 Use only the tips of two fingers. Place them on the side of the Adam's apple without pressing on it.
- 3 Slide your fingertips firmly backwards along the side of the Adam's apple so that they pass into the vertical groove between it and the muscle to the side of it (c).
- 4 If you do not immediately feel the pulse, move the fingertips a little nearer to and further from the Adam's apple until the pulse is felt.



Giving artificial ventilation

- 1 Check the pulse.
- 2 If there is no heartbeat start chest compression
- 3 If there is a pulse clear the mouth of foreign material
- 4 Push the chin up with one hand and tilt back the head
- 5 Pinch the nose closed (a).
- 6 Take a deep breath, open your mouth wide and seal it around the victim's mouth (b).
- 7 Blow strongly into the mouth while watching for the chest to rise (c).
- 8 Once the chest has risen turn your head to watch the chest fall (d); finish breathing out. Give the first four breaths quickly.
- 9 Check the pulse.
- 10 Repeat actions 5 to 9 until the victim starts to breathe again.



Performing external chest compression

- 1 Lay the victim flat on his back and kneel alongside.
- 2 Feel for the angle of the ribs at the bottom of the chest (a). Put the heel of one hand on the breastbone, two finger-breadths above the angle.
- 3 Cover your hand with your other hand. The thumbs and fingers should be kept raised. Lean forward so that your shoulders are above the breastbone. Keep your arms straight (b).
- 4 Press vertically down (c), depressing the front chest wall by 4-5 cm ($1\frac{1}{2}$ -2 in). This is the distance for an adult. Move the wall 2.5- 4 cm ($1\frac{1}{2}$ in) for a child. Compress the chest in this way 15 times, at a rate that is faster than one push per second. Time the compressions by counting 'one, two, three' quickly, compressing on each 'one'.
- 5 Move to the victim's head and give him two effective mouth-to- mouth puffs (d) to get air into the lungs.
- 6 Remember to watch the chest movements.
- 7 Repeat the cycle of 15 compressions and two lung inflations until the victim shows signs of recovery, until help arrives or until you are exhausted.
- 8 Check the pulse in the neck every 3 minutes.



Stopping bleeding

1. Stopping arm bleeding

- 1 Hold the injured arm so the hand is raised above the victim's head.
- 2 Press your fingertips firmly inwards and upwards between the muscles, on the inside of the upper arm, until you can feel the bone (a) and see that the bleeding is greatly reduced.



2. Stopping leg bleeding

1 The victim should be lying down with the knees slightly bent.

2 You must press the artery firmly against the pelvic bone with the heel of your hand or, if you are sure of the location, with your thumbs (b). Strong pressure is necessary to compress this large artery.



Using the abdominal thrust

For conscious adult:

1 Stand behind him, put one arm around him, clench your fist and place it in the middle of the abdomen, between the navel and the lower angle of the ribs (a).

2 Turn the thumb inwards.

3 Grasp your fist with the other hand (b) and pull both firmly against the victim's body (c).

4 Suddenly, thrust inwards and upwards with considerable force so as to compress the upper abdomen and push upwards on the diaphragm - the muscular sheet that is the flexible floor of the chest.

5 Repeat up to four times, if necessary.

