

Life Saving Skills: Self-Help Instructions, Practical and Strategic Tips

1. **Check for responsiveness.** Tap the person on the shoulder and shout, "Are you okay?" If the person does not respond, proceed to step 2.
2. **Call for emergency medical services (911 or your local emergency number).**
3. **Position the person on their back on a firm surface.**
4. **Open the person's airway by tilting their head back and lifting their chin.**
5. **Check for breathing.** Look, listen, and feel for breathing for up to 10 seconds.
6. **If the person is not breathing, begin CPR.** Place the heel of one hand on the center of the person's chest and the heel of your other hand on top of the first hand. Interlock your fingers and keep your arms straight.
7. **Compressions:** Push hard and fast at a rate of 100-120 compressions per minute. Compress the chest to a depth of about 2 inches (5 cm).
8. **Breaths:** After every 30 compressions, give the person 2 rescue breaths. To give a rescue breath, pinch the person's nose closed, take a normal breath, and seal your lips over their mouth. Blow into their mouth for about 1 second, until you see their chest rise.

9. **Continue CPR** until emergency medical services arrive or the person starts breathing on their own.

- **Do not stop CPR** unless emergency medical services arrive or the person starts breathing on their own.
- **If you are not comfortable giving rescue breaths**, you can perform hands-only CPR (continuous chest compressions without breaths).
- **CPR can be tiring**, so switch with someone else if you need to rest.
- **Stopping bleeding** by applying direct pressure to the wound
- **Cleaning and dressing wounds** to prevent infection
- **Immobilizing broken bones** to prevent further injury
- **Treating burns and scalds** to prevent infection and pain
- **Administering medication** as directed by a medical professional

1. **Stand behind the person and wrap your arms around their waist.**

2. **Make a fist with one hand and place the thumb side of your fist against the person's abdomen, just above their navel.**

3. **Grasp your fist with your other hand and pull inward and upward with quick, forceful thrusts.**

4. **Repeat until the object is dislodged or emergency medical services arrive.**

1. **Hold the infant face down on your forearm, with their head lower than their chest.**

2. **Support the infant's jaw with your hand and tilt their head back slightly.**
 3. **Deliver up to 5 quick, sharp blows between the infant's shoulder blades with the heel of your hand.**
 4. **Turn the infant face up and deliver up to 5 quick, sharp chest thrusts in the center of the infant's chest, just below the nipple line.**
 5. **Repeat steps 3 and 4 until the object is dislodged or emergency medical services arrive.**
- **Do not give the person anything to drink or eat** if they are choking.
 - **If the person becomes unconscious,** call for emergency medical services immediately and begin CPR.
 - **If you are not comfortable performing the Heimlich maneuver or chest thrusts,** you can try to dislodge the object by hitting the person on the back between the shoulder blades with the heel of your hand.



How to Survive a Nuclear War: Prepping guide to Protect Yourself: Life Saving Skills, Self Help

Instructions, Practical and Strategical Tips by John Baichtal

★★★★★ 5 out of 5

Language : English
File size : 1895 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 143 pages
Lending : Enabled

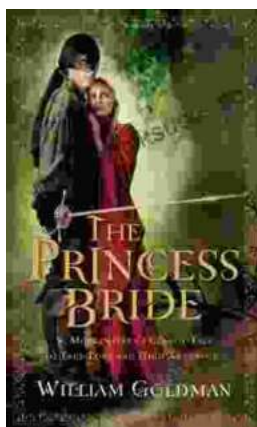
FREE

DOWNLOAD E-BOOK



79 ESL Activities, Games, and Teaching Tips for Big Classes (20+ Students)

Teaching large ESL classes can be a challenge, but it's definitely possible with the right strategies. Here are 79 ESL activities, games, and...



Morgenstern: A Classic Tale of True Love and High Adventure

Morgenstern is a classic tale of true love and high adventure. Set in a medieval world, the story follows the journey of Morgenstern, a young...