

FIRST AID

for education and care

Rescue breaths

only to be used in conjunction with the HSP391 Individual first aid plan for end of life care

Abnormal breathing noted

(absent breathing or significant gaps between breaths)



Call 000 (Ambulance)
Call parent / guardian

Open airways

- Check airway is clear from obstruction (tongue or foreign object)
- Kneel beside child's head
- Place your palm on the child's forehead
- Tilt head backwards (45° for adult, ½ this for child, neutral head position for infants)
- Apply jaw lift to open mouth

Commence rescue breaths

Mouth to mouth

- Take a breath
- Create a seal on the child's mouth with your mouth
- Close the nostrils by pinching them closed or by blocking with your cheek completely
- Blow to inflate the child's lungs

Mouth to nose

- Close the child's mouth with the hand supporting the jaw and push lips together with thumb
- Take a breath
- Place your mouth over child's nose
- Blow to inflate the child's lungs

Mouth to mouth & nose

(for infants and small children)

- Take a breath
- Place your mouth over child's mouth and nose
- Blow to inflate the child's lungs

Give one breath every 5 seconds

to achieve up to 12 breaths per minute.
Continue until the ambulance arrives

Look. Listen. Feel.

- Look for a slight rise of the chest during each inflation
- Look and monitor for stomach looking bloated and protruding (if this occurs reduce the amount of pressure in your breath)

If chest does not rise check:

- there is no obstruction to the airway (inadequate head tilt, chin lift, tongue or foreign object)
- sufficient air is being blown into lungs
- there is a good air seal around mouth or nose