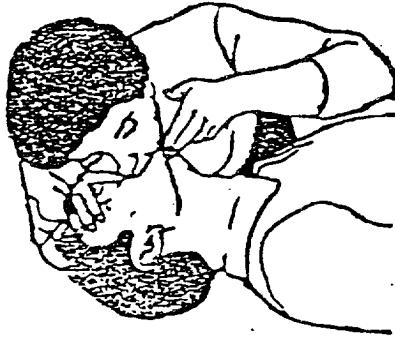


## RESCUE BREATHING SKILL SHEETS



### Begin Rescue Breathing

Maintain open airway with head-tilt/chin-lift.

Pinch nose shut.

Open your mouth wide, take a deep breath, and make a tight seal around outside of victim's mouth.

Give 1 breath every 5 seconds. Each breath should last 1 to 1 1/2 seconds, three one-thousand, two one-thousand, three one-thousand, four one-thousand, "take a breath yourself, and then give a breath.

Look for the chest to rise and fall. Listen and feel for escaping air and return of breathing. Continue for 1 minute--about 12 breaths.



### Recheck Carotid Pulse

Maintain head-tilt with one hand on victim's forehead.

Locate carotid pulse and feel for 5 seconds.

Say, "Has Pulse."

Next look, listen, feel for breathing for 3 to 5 seconds.

Say, "No breathing."