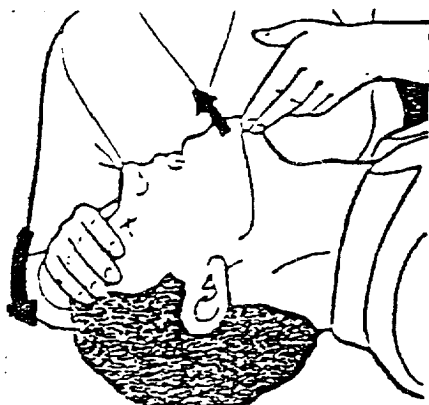
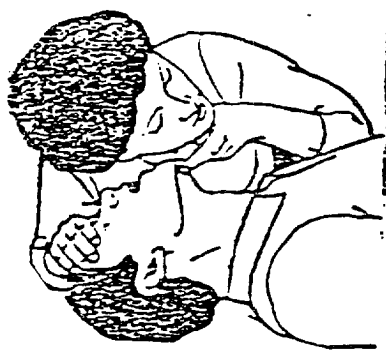


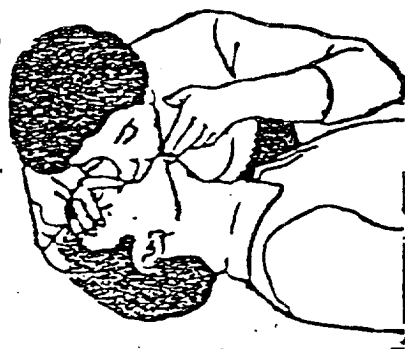
## RESCUE BREATHING SKILL SHEETS



Open the Airway (Use head-tilt/chin-lift method)  
Place your hand--the one nearer victim's head--on victim's forehead.  
Place 2 fingers of other hand under bony part of lower jaw near chin.  
Tilt head and lift jaw. Avoid closing victim's mouth. Avoid pushing on soft parts under chin.



Check for Breathlessness (Is victim breathing?)  
Maintain open airway.  
Place your ear over victim's mouth and nose.  
Look at chest, listen, and feel for breathing for 3 to 5 seconds.  
Say, "No breathing."



Give 2 Full Breaths  
Maintain open airway.  
Pinch nose shut.  
Open your mouth wide, take a deep breath, and make a tight seal around outside of victim's mouth.  
Give 2 full breaths. Each breath should last 1 to 1/2 seconds.  
Pause between each breath for you to take a breath. Look for chest to rise and fall. Listen and feel for escaping air.