Check for Carotid Pulse Maintain head-tilt with one hand on victim's forehead. Locate Adam's apple with middle and index fingers of other hand. Slide fingers down into groove of neck on side closer to you.

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Feel for carotid pulse for 5 to 10 seconds. Say, "No breathing, but there is a pulse."

Phone EMS for Help Tell someone to call for an ambulance. Say, "No breathing, has a pulse, call______ "(Local emergency number or Operator).



