

6 - First Aid For Stopped Breathing: Safety Training

EH&S – MGA

Goals: This safety session should teach you to:

- A. Know what to do if someone stops breathing.
- B. Be prepared to give the victim immediate and correct help.

OSHA Regulations: 29 CFR 1910.151

1. A Person Who Stops Breathing May Die or Suffer Brain Damage in Minutes Without Prompt, Proper Help

- A. Know whom to contact if someone stops breathing.
- B. Make the call quickly.
- C. Have help come to the victim; don't move the person.

2. React Immediately If It Appears That Someone Has Stopped Breathing

- A. If it's safe to approach, kneel beside the person, tap him or her, and shout, "Are you OK?"
- B. Shake the person to determine consciousness if there's no possibility of neck or back injury.
- C. Call for help or ask others in the area to phone for medical aid and bring a pocket mouth-to-mouth resuscitation device if there's one in the first aid kit.
- D. If the person doesn't respond to calling or shaking, check for breathing by:
 - a. looking to see if his/her chest is rising and falling
 - b. putting your ear to the person's mouth and nose to listen and feel for breathing

3. Provide Artificial Respiration (Mouth-to-Mouth) to Someone Who's Not Breathing

- A. If you determine that a person is not breathing and no one trained in CPR is present:
 - 1. Lie the victim on his or her back.
 - 2. Loosen clothing around the victim's neck.
 - 3. Check that nothing is blocking the mouth or throat.
 - 4. Tilt the person's head back slightly and lift under the chin to open the airway.
 - 5. Hold the person's mouth open with your thumb.
 - 6. Pinch the person's nose and cover his or her mouth with yours; try to make a leakproof seal.
 - 7. Use a disposable pocket mouth-to-mouth resuscitation device, if available.
 - 8. Blow into the person's mouth once every five seconds (every three seconds for a child).
 - a. Repeat until you see the person's chest rise and fall and see and feel breathing from his or her mouth.
- B. Remove your mouth and let the person exhale.
- C. Blow into the person's mouth several more times for a second or so until he or she is able to breathe unaided.

4. Avoid Actions That Could Further Harm the Victim

- A. Don't move the person unless it's necessary to save his or her life.
- B. Summon medical help as quickly as possible.
- C. Don't provide medication without medical supervision.
- D. If you're not sure what to do, don't do anything until medical help arrives.

5. Obtain CPR Training

- A. Take a Red Cross or other course in cardiopulmonary resuscitation (CPR).
- B. Inform management that you've been trained and are available to help in an emergency.

Summation: Act Quickly and Properly to Save a Person Who's Not Breathing

Every second counts when someone stops breathing. Don't waste a second before calling for medical aid and doing what you can to help.