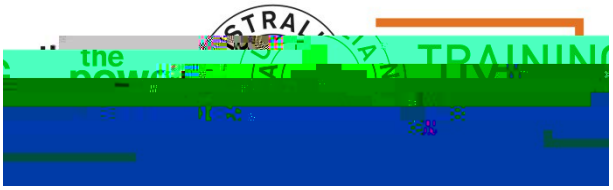

RESCUE BREATHING (as part of CPR)

An Information sheet for staff in education and care

This sheet is to be attached to the individualised first aid chart for children who have resuscitation plans **where CPR is identified** as a first aid response.

This information sheet is developed for staff who have accessed first aid training and is meant to complement knowledge and is not to be used as an alternative to formal training.

RESCUE BREATHING

Rescue breathing is the positive ventilation component of cardio pulmonary resuscitation, while chest compressions provide circulation. Those who are trained and willing to give rescue breaths do so for all persons who are unresponsive and not breathing normally.

If the unconscious victim is not breathing 'normally' (i.e. abnormal breathing is absent breathing or 'agonal gasping' - gasps with significant gaps in between) after the airway has been opened and cleared, the rescuer must immediately commence Rescue Breathing. When giving the breaths allow about one second per inspiration. If the unconscious victim is not breathing commence CPR (30 chest compressions at a ch2c04c10J5T11Tf1.31150TD5Brea800

If performing two responder CPR, position the narrow head of the mask to the bridge of the nose ensuring even support around the mask to provide adequate seal around the casualty's mouth and simultaneously push the mask and elevate jaw. Maintain backward head tilt and chin lift.

CHEST COMPRESSIONS

Chest compressions provide circulation of the oxygen that is provided by rescue breaths around the body.

No matter the age or size of the casualty, chest compressions should be at least 1/3rd depth of chest and delivered at a rate of 100-120 compressions per minute, followed by 2 rescue breaths. Because of the depth of chest compressions, it is possible to crack or break ribs and cause bruising.

Interruptions to chest compressions must be minimised.

Apply AED if available.