

## A - Airway



This step is the same when both caring for a breathing or non-breathing casualty.

Open casualty's mouth and check for signs that the airway may be blocked. By using the '**Pistol Grip**' you can lift the jaw forwards without putting pressure on the casualty's neck. If the casualty has anything obstructing their airways, you will need to turn the casualty into the **Recovery Position** and use 2 fingers to scoop out any foreign objects, fluid or vomit.

If the airways appear clear, then you do not need to move the casualty at this point, you can proceed onto checking **Breathing and Signs of Life**.

## B - Breathing



This step is the same when both caring for a breathing or non-breathing casualty.

### **LOOK - LISTEN - FEEL FOR BREATHING.**

Get very close to the casualty, placing your ear just above their mouth. Can you feel breathing on your cheek? Can you hear breathing? By looking towards the casualty's feet and placing a hand on their abdomen you will also be able to check for chest movement. If the casualty is breathing, they should be turned into the Recovery Position.

If there is **NO SIGN OF BREATHING** or casualty **is NOT BREATHING EFFECTIVELY**, you will need to proceed immediately onto CPR.

## C - CPR

This step is only to be applied to a non-breathing casualty.

Compressions are the first part of CPR used in conjunction with rescue breathing to circulate the oxygen that has been exhaled into the casualty's mouth around the body.

Compressions are performed as follows

- Kneel beside the casualty (at the level of the casualty's shoulders)
- Locate lower third of casualty's sternum. You can do this by finding the xyphoid process and placing your hands just superior to it (towards the head)
- Position yourself vertically above the chest and lean over the casualty
- Place your interlocked hands (or 2 fingers for infants) on the casualty's chest
- Keeping your arms straight, and your wrists and elbows locked, press down vertically to about a third of the casualty's chest depth, then release pressure
- Give 30 compressions (about 100 per minute – a little less than 2 a second)
- Give 2 rescue breaths
- Repeat compression / breaths at 30:2 ratio until help arrives

