

## **BREATHING**

(PM: pg. 6,7; IG: pg. 11)

### Restoring airway

#### **POSITIONING BODY:**

##### **Conscious person:**

- An awake person will generally find the position best for themselves. Assist as needed:

##### **Tripod positions (maximizes airway):**

- Sitting: on chair/ platform; feet shoulder-width apart, elbows or hands on knees, leaning forward some.
- Standing: legs shoulder-width apart, hands on knees, arms straight, leaning forward, straight back.

##### **Unconscious person:**

- **Recovery position**: laying survivor on their least-injured side, for comfort and stability. Support head & neck carefully when rolling to the side. (Use 2<sup>nd</sup>+ person/s to assist). Position:
  - Bottom Arm, closest to you, placed outward from their body
  - Opposite leg: Bent up. Turn hip in tandem with upper body towards you, bracing body on its side
  - Top Arm: Rest hand on bicep of bottom arm
  - Head: Rest on upper hand
  - Chin: Raised forward (improves air intake)
  - Mouth: Pointed downward (drains discharge)
- **Jaw-thrust maneuver**:
  1. Kneel behind adult patient's head
  2. Put one hand on each side of the patient's head with the thumbs near the corners of the mouth pointed toward the chin, your elbows steadied against your body
  3. Slide the fingers into position under the patient's jawbone, without pressing on soft throat tissue
  4. Thrust the jaw upward without/ minimally moving the head or neck, to lift the jaw and open the airway. Hold/ stabilize this position.