

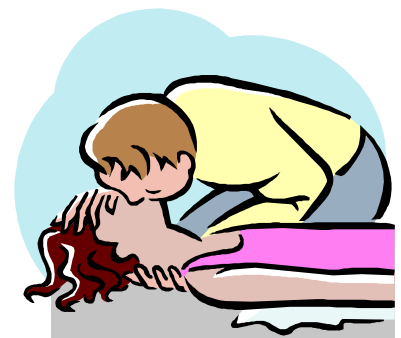
Points to give first aid (For an unconscious person)

1 Ensure the airway:

- Check the mouth, and if something foreign found in the mouth, turn the face over on his/her side to scoop it out with your fingers wrapped with a handkerchief or similar.
- Lift up the chin slightly, turn back the forehead gently, so that his/her head is thrown back.
- If the person is breathing, turn the body on his/her side, place his/her chin on the back of his/her hand so it sticks out.

2 Respiratory arrest:

- If you sense that the person is not breathing, start giving artificial respiration at once.
- Secure the airway, pinch the nose of the person, and hail in the air with your largely open mouth and pour the air into the person's mouth directly, covering his/her mouth until the person's chest is inflated slightly.
- Blow the air into his/her mouth once in five seconds.



3 Cardiac arrest

- When the pulse is not detected, start heart massage at once.
- Put your point fingers and middle fingers along the edge of the person's rib bones. Move your fingers along the bones to the center.
- The location of your fingers which are closer to the person's head is the place where you will apply pressure.
- On this point, place the base of your palm, and put the other hand over it. Then, press the chest bones to lower them by 3.5 to 5cm.
- The heart should be pressured 80 to 100 times per minute in rhythmical manner.

4 Respiratory and cardiac arrest:

- If the person is not breathing and his/her heart is not beating, artificial respiration and heart massage should be conducted at the same time.
- First, blow air into the person's mouth twice, and take the pulse for five seconds.
- If the pulse is not recovered, continue a set of actions of 30-time heart massage and 2-time artificial respiration until an



ambulance comes.