

Please take note! First aid No. 2

Concrete measures for giving First Aid

【Artificial Resuscitation】

- ① Put your hand on the forehead of the sick/injured person, and lift his/her chin up with your other hand to secure the respiratory passage.
- ② Pinch the person's nose with your thumb and index finger to close the nasal passages.
- ③ Open your mouth wide to cover the sick/injured person's mouth with yours.

Then, blow gently into his/her mouth once for two seconds.



- ④ If your breath went in smoothly without any resistance, blow in another breath. If it didn't go smoothly, make sure the respiratory passage is secured by lifting the person's chin up again. Then, blow into the mouth again.
- ⑤ Within ten seconds of you blowing into the person's mouth twice, observe the person closely to see if he/she begins breathing, coughs, or does any other physical movement.
- ⑥ Based on your observation, if there are no changes on the body, you should start heart massage immediately.

【Heart massage】

- ① Place one hand in the center of the person's chest, and place the other hand on top of it.
- ② Put weight on your hands with straight arms. Press the person's chest 30 times at a speed of one hundredth of a minute, so the chest is compressed 3 to 5 cm deep each time.



Please alternate a set of 30-for the heart massage and 2 artificial resuscitations until an ambulance arrives.

