



RESCUE BREATHING (MOUTH-TO-MOUTH)



THE CANADIAN RED CROSS SOCIETY

Start immediately: The sooner you start, the greater the chance of success.



Open airway by lifting neck with one hand and tilting the head back with the other hand.



Pinch nostrils to prevent air leakage. Maintain open airway by keeping the neck elevated.



Seal your mouth tightly around the victim's mouth and blow in. The victim's chest should rise.



Remove mouth. Release nostrils. Listen for air escaping from lungs. Watch for chest to fall.

REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE.
IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions, CLEAR mouth and throat of foreign substances.

For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.

USE RESCUE BREATHING when persons have stopped breathing as a result of: DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.

Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.

KINSMEN CLUB OF SCHREIBER

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Costa's Foodateria Schreiber

Cos ta's Foodmarket Schreiber



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CLOSED JULY 1

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