

# How to Help in Emergency Breathing Situations

Editor's note: Our Tailgate Training Tip Sheets are [available in Spanish at www.gemplers.com](http://www.gemplers.com).

## **KEY POINTS:**

- Acting quickly and calmly can save a co-worker's life.
- A person who is choking cannot breathe because an object is blocking his airway.
- Perform rescue breaths if a person is not breathing on her own.

*Note to trainer: Follow this script or use it to help guide you through a 10- to 15-minute tailgate training session for your ag/hort workers. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold. This tip sheet is not an alternative to official CPR training.*

## **Oxygen is vital to life**

- Your body requires a constant supply of oxygen as a source of fuel.
- When the air you breathe reaches the lungs, oxygen from the air is transferred to the blood.
- It is a life threatening situation when oxygen does not enter the body.
- When you find an emergency situation, call 911 or a local emergency number. Then care for the life-threatening conditions.

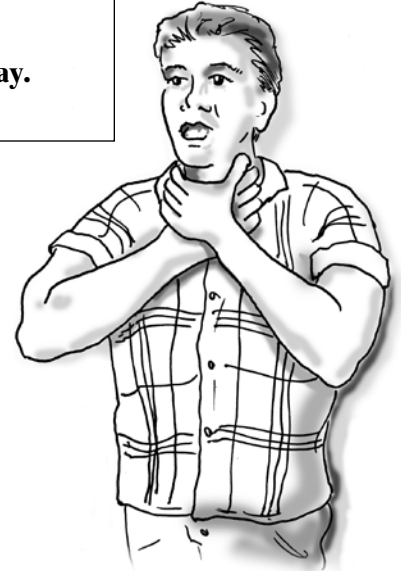
## **How do you know if someone is choking?**

- A person is choking when his or her airway is blocked by a piece of food or other object.
- Grabbing the throat with one or both hands is a sign that someone is choking.
- If this person cannot talk, cough or breathe, you will need to help remove the object from his throat by giving quick, hard abdominal thrusts. Don't give abdominal thrusts to someone who is talking or coughing.

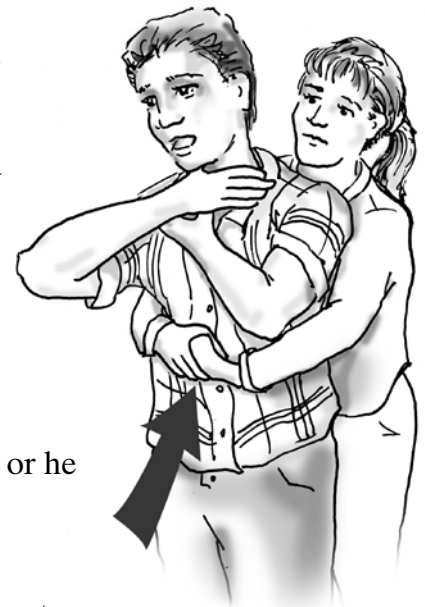
## **How to give abdominal thrusts**

- Abdominal thrusts or pushing above the navel forces objects out of a person's airway.
- To give abdominal thrusts, stand behind the person and wrap your arms around his or her waist.
- Make a fist with one hand and grab your fist with the other hand.
- Position your hands between the navel and the rib cage with the thumb facing inward just above the navel.
- Then give inward and upward thrusts.
- Repeat these thrusts until the object in his or her throat is forced out or he or she becomes unconscious.
- If a pregnant woman or a child is choking, follow the emergency operator's instructions for giving abdominal thrusts.

*Note to trainer: Demonstrate the proper hand position for giving abdominal thrusts. Then have your workers pair up and practice proper placement of their hands.*



**Grabbing the throat is a sign that someone is choking.**



*(Continued on back)*

See our [full line of safety supplies](#), including respirators, eye and ear protection, coveralls, first aid and more.

# How to Help in Emergency Breathing Situations

## When should rescue breathing be used?

- In some emergency situations, you will find an unconscious victim. You should check to see if the person is breathing.
  - To do this, put your head near the person's mouth and nose.
  - Look, listen and feel for breathing for about five seconds. At the same time, watch to see if the chest rises and falls.
- If the person is not on his back, carefully roll him while supporting the head and neck.
- You will have to give rescue breathing if the person is not breathing. This may keep the person alive until medical help arrives. If the person is not breathing and does not have a pulse, find someone who can perform CPR.



Look, listen and feel for breathing.

**Note to trainer:** Take a deep breath and demonstrate how breathing raises and lowers your chest. Then have your workers take a few deep breaths.

## How to perform rescue breathing

- First, give two rescue breaths.
  - Tilt the person's head back and lift the chin. Then pinch and shut the nose.
  - Place your mouth on theirs, forming a tight seal. If a faceshield or gloves are available, use them to protect yourself from body fluids.
  - Blow two slow breaths of air into her mouth. Breathe into the person until the chest gently rises.
  - Then, check for a pulse.



## Continue rescue breathing as long as necessary

- If a pulse is present, but the person is still not breathing, continue rescue breathing.
  - Blow one slow breath of air into his mouth every five seconds.
  - Continue this for about one minute at a rate of 12 breaths every minute.
  - Then check to see if the person is breathing on his own.
- Remember to stop rescue breathing if the scene becomes unsafe, if you can see or feel signs of breathing, or if you are too exhausted to continue.

## Are there any questions?

**Note to trainer:** Take time to answer trainees' questions.

Then review the **Performing Emergency Breathing Do's and Don'ts**.

### PERFORMING EMERGENCY BREATHING DO'S AND DON'TS

#### DO:

- Know that oxygen is vital to life and must enter the lungs.
- Remember in an emergency situation to call for help and care for the life threatening emergencies.
- Perform rescue breathing if a person is not breathing.

#### DON'T:

- Hesitate to help someone in an emergency situation.
- Forget to call 911 or a local emergency number for medical assistance.
- Give abdominal thrusts to someone who is talking or coughing.

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