

El Centro College Health Center

Tips for a healthy and safe student life Emergency Care Steps

A –B-C of Mouth to Mouth Breathing

In an emergency, your first priority is to restore breathing. There is no time to wait for help. If a person has stopped breathing, there are only 4-6 minutes of lack of oxygen before brain tissues becomes permanently damaged.

Step 1 > Tap the victim and shout “Are you OK?” If no response, yell for someone else to call for help and proceed to:

Step 2 > **“A” is for Airway.** Open the victim’s airway. Simply place the heel of your hand on their forehead, then, with your other hand, lift the victim’s chin with your fingers, tilting the head back (unless you suspect the presence of a spinal injury). Check for breathing by leaning over the victim with your face/ear above the mouth and looking at the chest area. This should not take longer than 3-5 seconds. If there is no breathing proceed to:

Step 3 > **“B” is for Breathing.** Give two (2) full, slow breaths. Simply pinch the victim’s nose shut, then place your mouth over the victim’s mouth and blow air into them twice. Watch the chest to see the lungs fill and empty each time. Then proceed to:

Step 4 > **“C” is for Circulation.** Check for breathing and pulse (heart rate). Simply take your index and third fingers and slide them down into the groove at the side of the neck near the ‘Adams Apple’. Feel for pulsation and watch the chest area simultaneously for 5-10 seconds. If there is no pulse, begin CPR (Cardiopulmonary Resuscitation) only if you are trained! If you do not know CPR, continue mouth to mouth breathing until the victim is breathing or help arrives.