

Session notes on Opening the Airway

1. When someone is unconscious they will lose muscle control, this is particularly important with the tongue which can fall back and block the airway
2. When the airway is blocked, breathing will become difficult and noisy
3. By tilting the head back and lifting the chin, it will lift the tongue from the airway and allow the casualty to breathe
4. To open someone's airway place one hand, palm side down on the forehead and two fingers of the other hand under the chin and tilt the head back