

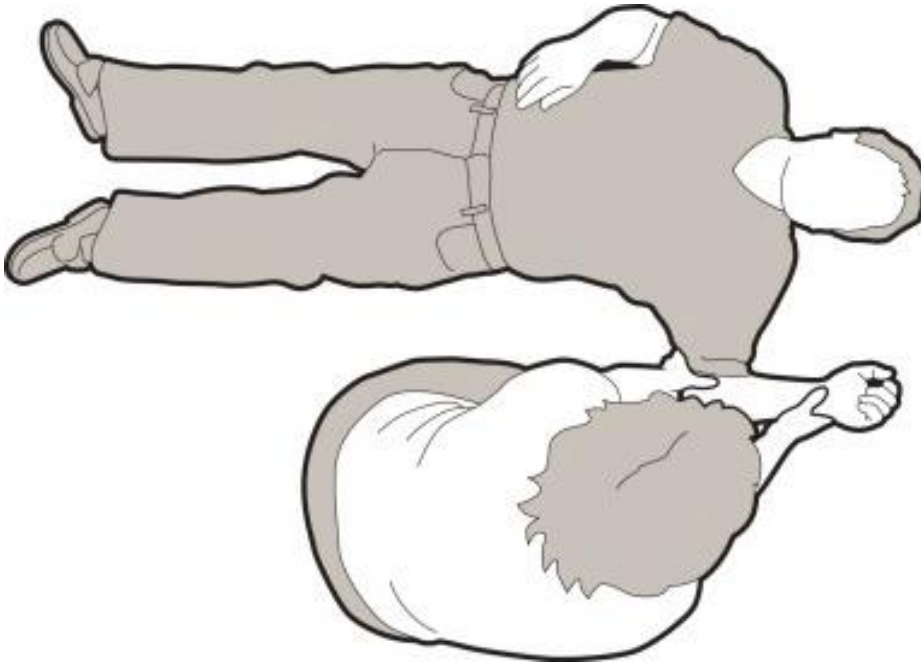
Session notes on Opening the Airway, give rescue breaths and place in the recovery position

Opening airway

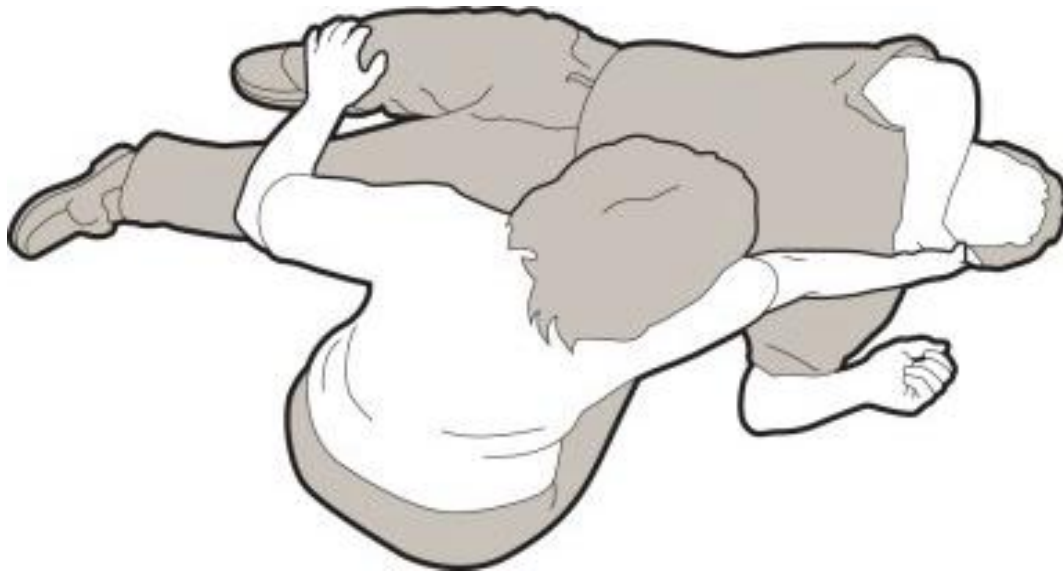
1. When someone is unconscious they will lose muscle control, this is particularly important with the tongue which can fall back and block the airway
2. When the airway is blocked, breathing will become difficult and noisy
3. By tilting the head back and lifting the chin, it will lift the tongue from 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
5. To check for breathing, look along the chest to see if it is rising and falling. Hold your cheek against the casualty's mouth and listen and feel for the breathing for 10 seconds

Recovery Position

6. If the casualty is wearing glasses, remove them and put them somewhere safe, and remove any bulky objects from the pockets
7. Move the arm nearest to you, so that it is in a similar position to the image below:



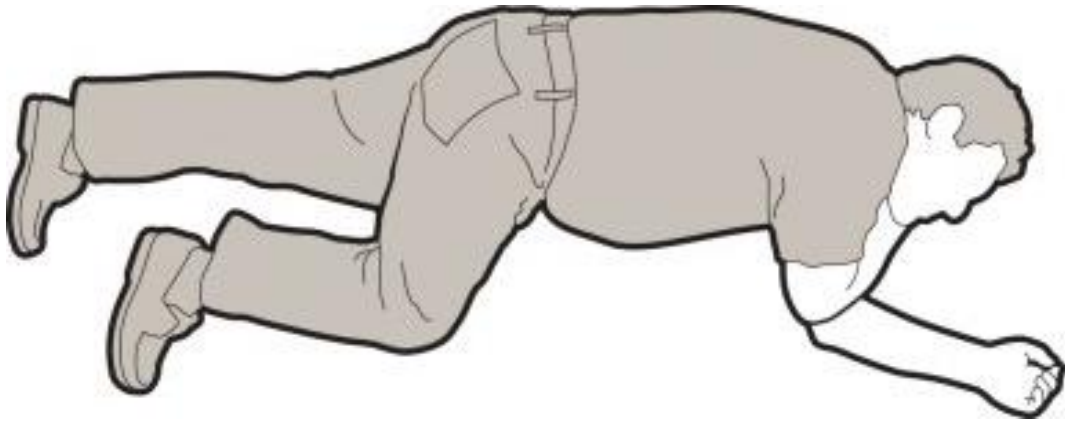
8. Bring the arm furthest away from you across the casualty and hold their hand palm outwards against their cheek
9. With your other hand, raise the knee of the leg furthest away from you until the foot is flat on the floor
10. When you have done these two actions the casualty should look like the image below



11. Whilst hold the casualty's hand against their cheek, pull on the raised knee towards you so that the casualty rolls towards you on to their side (see the image below)



12. When the casualty is on their side, pull their leg so that the top of the leg is at right angles to the body and the knee is at right angles
13. Check that the airway is open, the hand under the cheek will help to keep the head at the right angle (see image below)



14. When the casualty is in the recovery position, check whether they are breathing again by listening and feeling for 10 seconds