

5. Rescue breathing (mouth to mouth) procedures

① Maintain an open airway

Open the airway

- Put your hand on the person's forehead
- Put the fingertips of your other hand on the person's chin
- Tilt the person's head back and lift their chin



② Rescue breathing

[For an adult]

As you keep the person's airway open:

- (1) Pinch the person's nostrils shut
- (2) Blow into the person's mouth

Cover the person's mouth with your open mouth to create an airtight seal. Then, exhale for one second and watch for their chest to rise.

Pinch the nose so that the air you blow into the lungs does not come out of the nose.



Repeat this twice.

If it is difficult to perform rescue breathing or if you do not have a face mask, gloves, etc., to prevent infections, or if it takes too long to prepare, you don't need to do the rescue breathing—just do the chest compressions.



③ Continue alternating between compressions and breaths

Repeat the chest compressions and rescue breathing at a rate of 30:2.



30 chest compressions

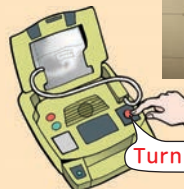
Two breaths

* An AED cannot be used on a person who is responsive or breathing normally.

6. As soon as an AED is available

① Turn on the AED

(Some models turn themselves on automatically when you open the lid. Then, follow the AED's audio prompts.)



Turn on the AED

② Attach the AED pads

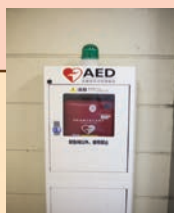
③ Make sure no one is touching the person when the AED prompt says, "Do not touch the patient."

④ If the AED prompt says, "Shock advised," press the "shock" button.

After delivering the shock or if no shock is advised, continue CPR (chest compressions and rescue breathing).

What is an AED?

An AED (Automated External Defibrillator) is an easy-to-use medical device that allows people to deliver an electrical shock safely. In July 2004, the use of AEDs by non-medical operators was approved in Japan. The chance of saving the life of someone who has suddenly fallen unconscious and is experiencing sudden cardiac arrest increases by using an AED to deliver electrical shocks and by performing CPR.



First Aid for Injuries

● Bleeding

[Apply pressure directly to the wound]

Apply pressure by pressing firmly and directly on the wound with a clean cloth or gauze.



● Burns

Use cold running water to cool the burn immediately. If clothing is stuck to the burn, cool the affected area leaving the cloth on the wound. Do NOT pop blisters—bacteria can enter the wound.

● Fractures

Immobilize the injury by putting a splint on it. You can use items around you such as a bat, umbrella, ruler, or cane. Position (angle) the splint on the injured body part so that the injured person feels the least pain.

● Seizures

- (1) Loosen tight clothes.
- (2) Turn the person on their side to let saliva or other liquid in the mouth drain out
- (3) If the person has a high fever, cool their head, neck, and armpits

● Choking

[Hit the Back]

Use your palm to hit the person several times, firmly, on their back between the shoulder blades.

For anyone who is not an infant



For an infant



[Abdominal Thrusts]

Place one hand in a clenched fist between the belly button and the bottom of the chest with the thumb facing in. With your other hand, grasp your fist and pull sharply inwards and upwards.



* Do not use this method on someone who is unconscious or pregnant, or on babies under the age of one.

Practicing first aid incorrectly can be dangerous, so please get proper training from instructors by attending first aid workshops, etc.

Osaka City holds first aid workshops and seminars regularly including instructions on the use of AEDs to save lives. For details, please inquire at the nearest fire station.

Osaka Municipal Fire Department website
URL: <http://www.city.osaka.lg.jp/shobo/>



Learn first aid from Beaujolais the Dog!
(Anytime, anywhere!)

Go to: <http://119aed.jp>