6 - First Aid For Stopped Breathing: Safety Training

EH&S – MGA

Goals: This safety session should teach you to:
A. Know what to do if someone stops breathing.
B. Be prepared to give the victim immediate and correct help.

OSHA Regulations: 29 CFR 1910.151

1. A Person Who Stops Breathing May Die or Suffer Brain Damage in Minutes Without Prompt, Proper Help
   A. Know whom to contact if someone stops breathing.
   B. Make the call quickly.
   C. Have help come to the victim; don’t move the person.

2. React Immediately If It Appears That Someone Has Stopped Breathing
   A. If it’s safe to approach, kneel beside the person, tap him or her, and shout, “Are you OK?”
   B. Shake the person to determine consciousness if there’s no possibility of neck or back injury.
   C. Call for help or ask others in the area to phone for medical aid and bring a pocket mouth-to- mouth resuscitation device if there’s one in the first aid kit.
   D. If the person doesn’t respond to calling or shaking, check for breathing by:
      a. looking to see if his/her chest is rising and falling
      b. putting your ear to the person’s mouth and nose to listen and feel for breathing

3. Provide Artificial Respiration (Mouth-to-Mouth) to Someone Who’s Not Breathing
   A. If you determine that a person is not breathing and no one trained in CPR is present:
      1. Lie the victim on his or her back.
      2. Loosen clothing around the victim’s neck.
      3. Check that nothing is blocking the mouth or throat.
      4. Tilt the person’s head back slightly and lift under the chin to open the airway.
      5. Hold the person’s mouth open with your thumb.
      6. Pinch the person’s nose and cover his or her mouth with yours; try to make a leakproof seal.
      7. Use a disposable pocket mouth-to-mouth resuscitation device, if available.
      8. Blow into the person’s mouth once every five seconds (every three seconds for a child).
         a. Repeat until you see the person’s chest rise and fall and see and feel breathing from his or her mouth.
   B. Remove your mouth and let the person exhale.
   C. Blow into the person’s mouth several more times for a second or so until he or she is able to breathe unaided.
4. Avoid Actions That Could Further Harm the Victim
   A. Don’t move the person unless it’s necessary to save his or her life.
   B. Summon medical help as quickly as possible.
   C. Don’t provide medication without medical supervision.
   D. If you’re not sure what to do, don’t do anything until medical help arrives.

5. Obtain CPR Training
   A. Take a Red Cross or other course in cardiopulmonary resuscitation (CPR).
   B. Inform management that you’ve been trained and are available to help in an emergency.

Summation: Act Quickly and Properly to Save a Person Who’s Not Breathing

Every second counts when someone stops breathing. Don’t waste a second before calling for medical aid and doing what you can to help.