

## Stopped Heartbeat and Stopped Breathing – HURRY CASES

- If you do not suspect head, neck or spinal injuries, tilt the victim's head back. Push down the forehead with one hand and lift the chin with the other. This keeps the tongue from blocking the airway.
- Place a breathing barrier over the victim's mouth to protect from diseases.
- Pinch the nose and blow in for a second to make the chest rise. In an infant, cover the mouth and nose.
- Give 2 rescue breaths. Re-tilt and try again if unsuccessful.
- Repeat 30 compressions followed by 2 rescue breaths until medical help arrives or you trade jobs.

