



GOALS

This safety session teaches employees to:

- Know what to do if someone stops breathing.
- Be prepared to give the victim immediate and correct help.

Applicable Regulations: 29 CFR 1910.151



- 1. A person who stops breathing may die or suffer brain damage in minutes without prompt, proper help.**
 - Know whom to contact if someone stops breathing.
 - Make the call quickly.
 - Have help come to the victim; don't move the person.
- 2. If it appears that someone has stopped breathing, before you start cardiopulmonary resuscitation (CPR) check:**
 - Is the environment safe for the person?
 - Is the person conscious or unconscious?
 - If the person appears unconscious, tap or shake his or her shoulder and ask loudly, "Are you OK?"
 - If the person doesn't respond and two people are available, one should call 911 or the local emergency number and one should begin CPR. If you are alone and have immediate access to a telephone, call 911 before beginning CPR—unless you think the person has become unresponsive because of suffocation (such as from drowning). In this special case, begin CPR for 1 minute and then call 911 or the local emergency number.
- 3. The American Heart Association recommends that everyone—untrained bystanders and medical personnel alike—begin cardiopulmonary resuscitation (CPR) with chest compressions.**
 - **Untrained.** If you're not trained in CPR, provide hands-only CPR. That means uninterrupted chest compressions of 100 to 120 per minute until paramedics arrive. You don't need to try rescue breathing.
 - **Trained and ready to go.** If you're trained and confident in your ability, begin with chest compressions before checking the airway and doing rescue breathing. Start CPR with 30 chest compressions before checking the airway and giving rescue breaths.
- 4. Remember CAB: compression, airway, breathing.**
 - **Compressions:** Restore blood circulation:
 1. Put the person on his or her back on a firm surface.
 2. Kneel next to the person's neck and shoulders.
 3. Place the heel of one hand over the center of the person's chest, between the nipples.
 4. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.



5. Use your upper body weight (not just your arms) as you push straight down on (compress) the chest at least 2 inches but not greater than 2.4 inches. Push hard at a rate of 100 to 120 compressions per minute.
 6. If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical personnel take over. If you have been trained in CPR, go on to checking the airway and rescue breathing.
- **Airway:** Clear the airway:
 1. If you're trained in CPR and you've performed 30 chest compressions, open the person's airway using the head-tilt, chin-lift maneuver. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.
 2. Check for normal breathing, taking no more than 5 or 10 seconds. Look for chest motion, listen for normal breath sounds, and feel for the person's breath on your cheek and ear. Gasping is not considered to be normal breathing. If the person isn't breathing normally and you are trained in CPR, begin mouth-to-mouth breathing. If you believe the person is unconscious from a heart attack and you haven't been trained in emergency procedures, skip mouth-to-mouth breathing and continue chest compressions.
 - **Breathing:** Breathe for the person:

Rescue breathing can be mouth-to-mouth breathing or mouth-to-nose breathing if the mouth is seriously injured or can't be opened.

 1. With the airway open (using the head-tilt, chin-lift maneuver), pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, making a seal.
 2. Prepare to give two rescue breaths. Give the first rescue breath—lasting 1 second—and watch to see if the chest rises. If it does rise, give the second breath. If the chest doesn't rise, repeat the head-tilt, chin-lift maneuver and then give the second breath. Thirty chest compressions followed by two rescue breaths is considered one cycle. Be careful not to provide too many breaths or to breathe with too much force.
 3. Resume chest compressions to restore circulation.
 4. Continue CPR until there are signs of movement or emergency medical personnel take over.

DISCUSSION POINTS:



- Provide participants with a list of emergency medical phone numbers, including employees who know CPR, so they'll be prepared for this type of emergency.
- Have someone trained in CPR present a demonstration. Ask the group to discuss the steps the demonstrator is presenting.

CONCLUSION:



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.

TEST YOUR KNOWLEDGE:



Have your employees take the First Aid for Stopped Breathing quiz. By testing their knowledge, you can judge their ability to respond properly to this emergency and whether you need to review this important topic again soon.



FIRST

- * Call immediately for medical help.
- * Don't try to move the victim.
- * Kneel beside the person if it's safe to do so. Then tap the person and shout, "Are you OK?"
- * If there's no response, look to see if the person's chest (or back if victim is face down) is rising and falling. With your ear to the person's face, try to hear or feel breathing.
- * Gasping is not breathing.

AID

- * If you're not trained in cardiopulmonary resuscitation (CPR) provide hands-only CPR. That means uninterrupted chest compressions 100 to 120 per minute until help arrives. You don't need to try rescue breathing.

Obtain CPR Training!

- * If you are trained and confident in your ability, begin with chest compressions. Start with 30 chest compressions before checking the airway. Give 2 rescue breaths, and continue cycles of CPR. Do not stop unless you see an obvious sign of life or until emergency personnel arrive.

When Someone Stops Breathing, ACT FAST!

