

# FIRST AID QUICK SHEET

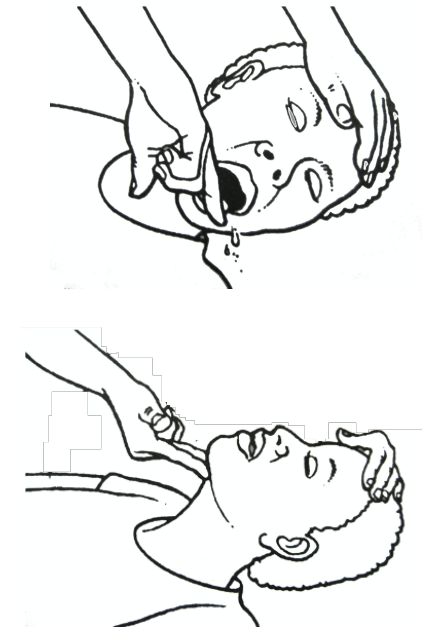
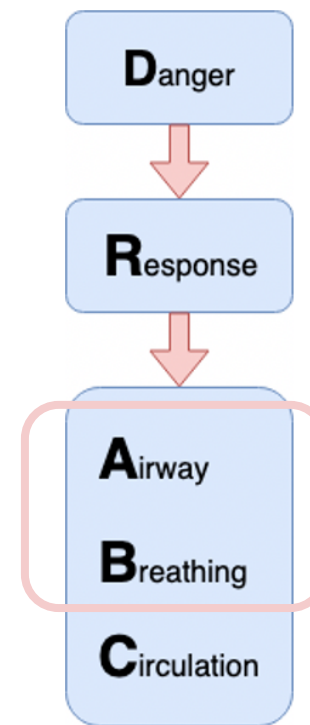
## Airway and Breathing



After you have checked to make sure the scene is safe and put on gloves to protect yourself (**D**anger) and checked if the patient is responsive (**R**esponse), if you find the patient is not responding, you should think: **ABC**. First check for an **A**irway and **B**reathing. Instructions for the **A** and **B** steps of the **DR**. **ABC** acronym for first aid priorities are below:

### How to Adjust Someone's Airway (A):

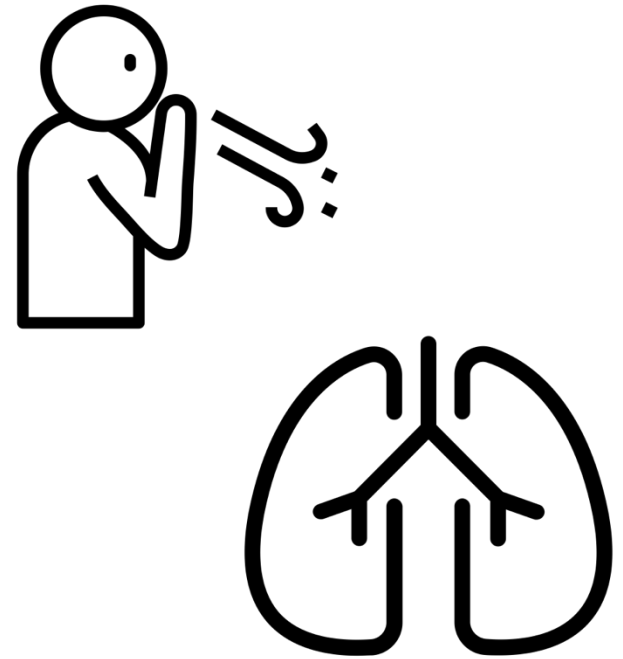
1. Gently swipe the mouth with one finger to ensure that no objects are blocking the airway.
2. Place two fingers under the casualties chin and one hand on the forehead.
3. Gently lift the chin with two fingers, removing the tongue from the back of the throat.
4. If transport is delayed, roll the casualty onto their side in the recovery position to allow fluids to drain from the mouth



*Note: If someone is able to speak, their airway is open.*

## Breathing (B):

1. Always remember to look, listen, and feel when checking for breathing.
2. **LOOK** to see the chest rise and fall.
3. **LISTEN** to hear breath sounds.
4. Place one hand on the stomach and **FEEL** for breathing movement and **FEEL** beneath the nose for air movement.



*After you have secured an airway and checked for breathing, you may move on to check for bleeding in the **C (circulation)** step of **DR. ABC**.*

*\*Please be safe and practice first aid at your own risk. LFR International is not liable for injuries resulting from any first aid attempts.*