

MAFES Dawg Tracks

April 18, 2016



MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

*Safety Tips: Helping in
Emergency Breathing
Situations*

In our MAFES and Extension divisions, we certainly have been fortunate in the fact that we haven't had anyone to need to use CPR or other rescue techniques for a fellow employee. Our endeavor and hope is that we never have to use any life-saving techniques on any of our employees.

Presently we have at least two employees, and in most stations more than that, that are certified in first aid and CPR. We try to organize refreshers annually for the stations that need to be current in their certification. As a "heads-up," I feel that it will be beneficial to all to edit a refresher on a part of first aid and CPR. This week we shall discuss help that one can offer in emergency breathing situations.

In any type of emergency medical situation, acting quickly and calmly may enable us to save an employee's or co-worker's life. Following are some points that can help familiarize you with the techniques that can help you, if this situation should ever present itself.

Oxygen is vital to Life-

- Our bodies require a constant supply of oxygen as a source of fuel.
- When the air we breathe reaches our lungs, oxygen from the air is transferred to the blood.
- It is a life-threatening situation when oxygen does not enter our body.
- When you come upon an emergency situation, call 911 or a local emergency number, then take care of the life threatening conditions.

How do you know if someone is choking?-

- ✓ A person is choking when his or her airway is blocked by a piece of food or something else.
- ✓ Grabbing the throat with one hand or both hands is a sign that someone is choking.
- ✓ If this person can't talk, cough, or breathe, you will need to help remove the object from his or her throat by giving quick, hard abdominal thrusts. Don't give abdominal thrusts to someone who is coughing or talking.

How to Give Abdominal Thrusts-

- ✓ Abdominal thrusts or pushing above the navel forces objects out of a person's airway.
- ✓ To give abdominal thrusts, stand behind the person and wrap your arms around his or her waist.
- ✓ Make a fist with one hand and grab your fist with the other hand.
- ✓ Position your hands between the navel and the rib cage with the thumb facing inward just above the navel.
- ✓ Give inward and upward thrusts.

- ✓ Repeat these thrusts until the object in his or her throat is forced out or he or she becomes unconscious.
- ✓ If a pregnant woman or a child is choking, follow the emergency operator's instructions giving abdominal thrusts.

When Should Rescue Breathing Be Used?

- ✓ In some emergency situations, you will find an unconscious victim. You should check to see if the person is breathing.
 - ~ To do this, put your head near the person's mouth and nose.
 - ~ Look, listen, and feel for breathing for about 5 seconds. At the same time, watch to see if their chest rise and falls.
- ✓ If the person is not on their back, carefully roll him or her while supporting their head and back.
- ✓ You will have to give rescue breathing if the person isn't breathing. This may keep the victim alive until medical help arrives. If the person isn't breathing and doesn't have a pulse, you need to start CPR or find someone that can perform CPR.

How To Perform Rescue Breathing-

- First, give the person 2 rescue breaths.
 - ~ Tilt the person's head back and lift the chin, then pinch and shut their nose.
 - ~ Place your mouth over theirs, forming a tight seal. If a face shield, gloves, or clean cloth is available, use it to protect yourself from body fluids.
 - ~ Blow 2 slow breaths of air into their mouth. Breathe into the person until the chest gently rises.
 - ~ Then check for a pulse beat.

Continue Rescue Breathing for as Long as Necessary-

- If a pulse is present, but the person isn't breathing, continue the rescue breathing.
 - ~ Blow 1 slow breath of air into their mouth every 5 seconds.
 - ~ Continue this for 1 minute at a rate of 12 breaths every minute.
 - ~ Then check to see if the person is breathing on their own.
- Remember to stop rescue breathing if the scene becomes unsafe, if you can see or feel signs of breathing, or if you are too tired to continue.

DO:

- Know that oxygen is vital to life and must enter the lungs.
- Remember in an emergency situation to call for help and care for the life-threatening emergencies.
- Perform rescue breathing if the person isn't breathing.

DON'T:

- Hesitate to help someone in an emergency situation.
- Forget to call 911 or a local emergency number for emergency assistance.
- Give abdominal thrusts to someone who is talking or coughing.

**LIFE DIDN'T BEGIN BY
ACCIDENT!
LET'S DON'T END IT WITH ONE!!
BE CAREFUL <> BE SAFE <> BE ALIVE!**