



# MAFES Dawg Tracks

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## Safety Tips: Help in Emergency Breathing Situations



In many emergency breathing situations timing could be the difference in saving someone's life. It is extremely important to know what to do in these situations and to do it quickly.

We started a plan back about 2004 or 2005 to get at least two employees on each experiment station certified in CPR/1<sup>st</sup> Aid. We accomplished this several years ago and now have two or more in all of the stations and campus - MAFES areas as well. The purpose was obvious- to be able to administer help, if an incident occurred, and also to have certification available so that at such time that my proposal for Automatic Electronic Defibrillators (AEDs) might be approved we would be ready for their orientation on the equipment.

We all know that oxygen is vital for our bodies to survive. As we breathe in air or oxygen it is transferred to our lungs. When oxygen doesn't enter our bodies, it becomes a life-threatening situation. If this should happen, we should call 9-1-1 or another emergency number; then take action to care for the life-threatening conditions. If you or a bystander is trained in CPR, the victim has a much better chance for survival than if no one is available with this training.

### HOW DO YOU KNOW WHEN SOMEONE IS CHOKING?

- ✓ Their airway is blocked with a piece of food or other object.
- ✓ If they grab their throat with one hand or two, this is a sign of choking.
- ✓ If they can't talk, cough or breathe, you will need to remove the object from their throat by giving quick, hard abdominal thrusts. Don't do the abdominal thrusts if they are talking or coughing.

### THE METHOD FOR GIVING ABDOMINAL THRUSTS-

The "Heimlich Maneuver" is a procedure for removing objects in the throat that blocks your airway. Following are the steps to perform this procedure when needed:

- Abdominal thrusts or pushing above the navel forces objects out of a person's airway.
- To give abdominal thrusts, stand beside the person and wrap your arms around their 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.
- Then give inward and upward thrusts.
- Repeat these thrusts until the object in their throat is forced out or the victim becomes unconscious.
- If they are unconscious or unresponsive- lower the victim to the ground- Call for EMS- check their mouth for foreign matter- if so clean it out and start CPR.

- If the victim is a pregnant woman or obese, do chest thrusts instead at the base of the sternum or rib cage.
- If you are choking, get to a chair and bend over the back of the chair with the base of your sternum or mid- section at the base of your rib cage. Do the thrusts with pressure over the chair back.

### WHEN SHOULD RESCUE BREATHING BE USED-

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

### HOW TO PERFORM RESCUE BREATHING (Revised Method from A.H.A., October, 2010-

*Old Method - A-B-C = Air-Breathing-Compressions  
New Method - C-A-B = Compressions-Air-Breathing*

### STEPS OF NEW OR REVISED CPR-

- ✓ Call 911 or ask someone else to help.
- ✓ Try to get the person to respond; if they don't then gently roll them over on their back.
- ✓ Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
- ✓ Press down so you compress the chest at least 2 inches in adults and children. One hundred times a minute or even a little faster is optimal.
- ✓ If you have been trained in CPR, you can now open the airway with a head tilt and chin lift.
- ✓ Pinch close the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give them 2, 1-second breaths as you watch for the chest to rise.
- ✓ Continue compressions and breaths- 30 compressions, 2 breaths- until help arrives.

**DO- Remember in an emergency situation- call for help & care for the life threatening emergencies.**

**Perform rescue breathing- if the victim isn't breathing.**

**DON'T- Hesitate to help someone in an emergency. Forget to call 911 or other emergency help. Give abdominal thrusts to a victim that is talking or coughing.**

**<> EXPECT THE UNEXPECTED <>**

**GEAR UP SAFETY~**

**BE ALERT > BE AWARE > BE ALIVE**

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