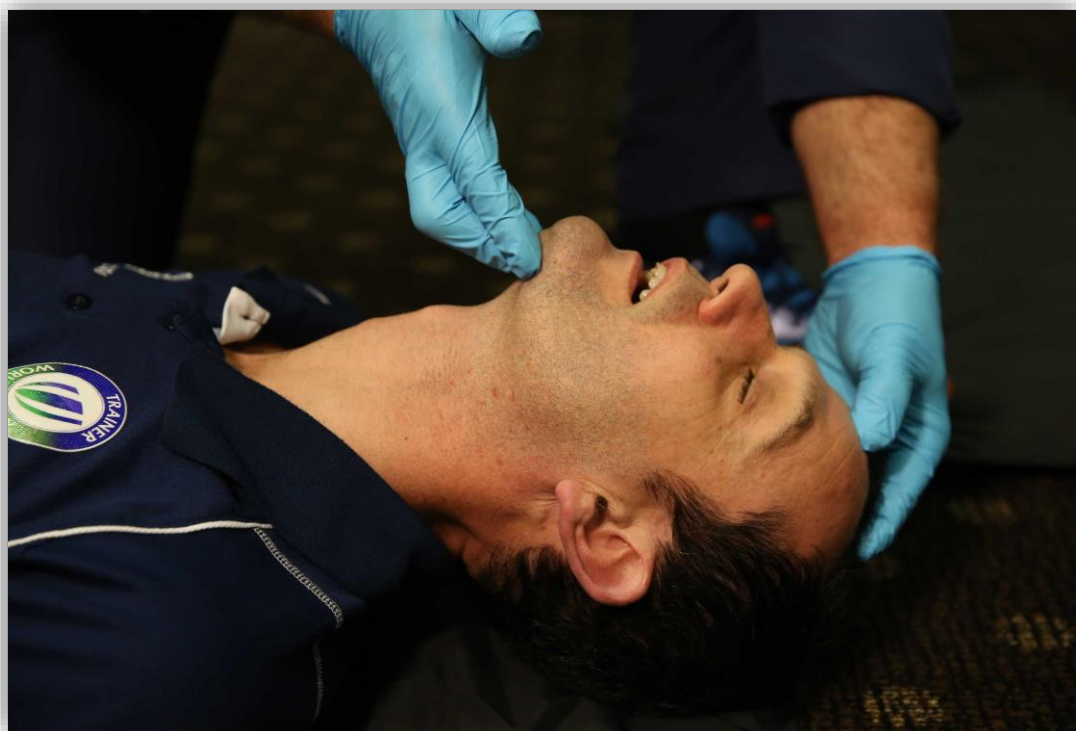


First Aid in Rugby

Skill 2 – Opening the airway, Head tilt / chin lift (not if you suspect a head or neck injury)

1. Kneel at the side of the casualty's head and neck.
2. Place one hand across the forehead of the casualty.
3. Put two fingers of the other hand under the chin.
4. Lift the chin forwards whilst stabilising the forehead - so tilting the head backwards.
5. Look in the mouth and assess the airway noises.

Putting fingers into the mouth to grab the slippery tongue will not help open the airway and may make it worse. **Do not do it!**



Head tilt / chin lift manoeuvre to open airway

(do not use if there is a head or neck injury)