

First Aid in Rugby

Skill 1 – Opening the airway with the jaw thrust procedure

1. With a colleague supporting the head with MILS.
2. Place both thumbs on the casualty's cheek bones.
3. Place the index and middle fingers behind the angle of the jawbone.
4. Gently lift the jaw forward - ensuring minimal movement of the head and neck.
5. Reassess the patient for airway sounds.
6. If you let go, the airway will close.



The jaw thrust procedure for opening the airway