

First Aid in Rugby

Skill 11 – Using a pocket mask

1. Open the device and unfold the central portion.
2. Attach the filter to the narrow port of the mask.
3. Place it over the mouth and nose with the narrow part covering the nose.
4. With your thumbs holding the mask over the cheekbones, reach all of your fingers under the line of the jaw.
5. Pull the jaw forward – towards the mask to help open the airway.
6. Deliver rescue breaths as described previously.



Rescue breaths via a pocket mask