

First Aid in Rugby

Skill 10 – Performing rescue breaths

1. After 30 compressions, open the airway with head tilt / chin lift.
2. Pinch the soft part of the casualty's nose – using the index finger and thumb on the casualty's forehead.
3. Maintain chin lift but open the mouth.
4. Take a normal breath in and place your lips around the casualty's to make a seal.
5. Blow steadily into the mouth for about 1 second until the chest rises.
6. Maintain head tilt / chin lift, move your mouth away and watch as the chest falls.
7. Repeat for a second rescue breath. The two breaths should be completed in less than 5 seconds.
8. Without delay, place your hands back on the chest and deliver 30 more compressions.
Then repeat the ventilations again.



Mouth-to-mouth ventilation