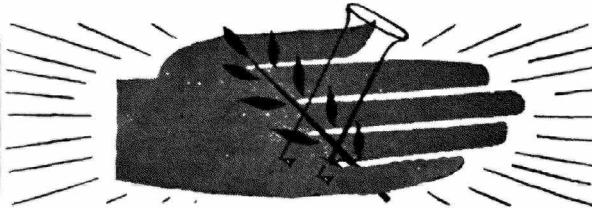


Health



Hints

FIRST AID

DROWNING

Artificial Respiration.

This is the Schaefer method :

Adjust the Patient's Position. At once lay the patient in a prone position (i.e., face downwards) with his arms above his head and the palms of his hands on the ground. Turn his head to one side to keep his nose and mouth away from the ground. Do not waste time in loosening clothing. A pad under the patient is not required nor need his tongue be drawn out.

Turning the Patient. Should the patient be lying on his back, turn him to the prone position as follows :

- (i) Stoop at his side.
- (ii) Place his arms close to his body.
- (iii) Cross his far leg over his near leg.
- (iv) Protect his face with one of your hands.
- (v) Grasp his clothing at the hip on the opposite side of the body and quickly and gently turn him over.

Position of Operator.

- (i) Face the patient's head.
- (ii) Kneel on both knees in a position just below his hip-joint.
- (iii) Sit back on your heels at the patient's side in a position to allow free sway.
- (iv) Place your hands on the loins of the patient, one on each side of the backbone with wrists almost touching, with thumbs as far forward as possible without strain, and the fingers close together at the side of the loins and bent over the flanks in the natural hollows just above the brim of the pelvis but clear of it, the tips of the fingers pointing to the ground.
- (v) Keep your elbows quite straight.

Application of Artificial Respiration.

Movement 1.

Without bending your elbows, swing slowly forward by unbending the knees until the thighs are in an almost upright position and the shoulders vertically above the hands, so allowing the weight of your body to be communicated to the patient's loins.

This causes the patient's abdominal organs to be compressed against the ground and up against the diaphragm.

Air is thus forced out of the lungs, i.e., expiration takes place.

The compression in Movement 1 is to be effected solely by the weight of the operator's body and not by muscular effort.

Movement 2.

Swing slowly back on to your heels, thus relaxing the pressure.

This causes the abdominal organs to fall back and the diaphragm to drop, thus inducing inspiration.

Rhythm.

The two movements, which must be carried out smoothly and rhythmically, should take five seconds (i.e., 12 times a minute), two seconds being occupied by Movement 1 and three seconds by Movement 2.

When natural breathing begins the rate of artificial respiration must be adapted to correspond with it.

Artificial respiration must be continued perseveringly until natural breathing is restored, unless a Doctor decides that further efforts will be of no avail.



The smiling lass photographed at the John Ross Memorial, Alice Springs, is Colleen Snow.