Mouth-Mask and Bag-Mask Breathing

Lateral Technique
- Place mask on victims face using the nose as a guide
- Seal the mask by placing your thumb and index finger on the top of the mask and your other thumb on the bottom
- If you need to do a jaw thrust lift, take the fingers of the hand closest to the victims chin and lift the jaw up, otherwise just tilt the head back.
- Press on the mask and breathe

Cephalic Technique
- Position yourself above the victim's head
- Place mask on victims face using the nose as a guide
- Place your thumbs and a portion of your palm on the sides of the mask
- Place your fingers under the jaw incase of a jaw-thrust lift, otherwise tilt the head back
- Press on the mask and breathe
1-rescuer bag mask

- Seal the mask on the victim using the cephalic technique, tilt head back and squeeze the bag for 2 seconds. If your hands are too small to squeeze the bag, rest bag against your thigh and flatten the bag.
- Watch for victim’s chest to rise.
- Allow bag to return to normal.

2-rescuer bag mask

- One rescuer seals the mask to the victims face (kneel at the top of the victims head) and tilts the head back. The 2nd rescuer squeezes the bag with 2 hands (approx. 2 seconds).