

What to do for an unresponsive drowning victim after calling 9-1-1 or shouting for help:

1. Move victim out of the water to a flat surface on their back.

2. Open the airway: Remove visible obstructions. Lift chin, push forehead gently back, and place your other hand under the neck.

3. Check for breathing:

- **Look** – is the chest rising?
- **Listen** closely for breathing sounds
- **Feel** for the sensation of a breath on your earlobe.



4. If no signs of breathing: Cover victim's mouth completely with your mouth and pinch the nose closed (with a baby, cover both mouth and nose). Give two slow, full breaths into the victim's lungs.

5. Begin chest compressions if no signs of circulation (breathing, coughing, movement or a pulse):

- Place the heel of one hand on victim's breastbone – between the nipples – and your other hand on top of the first.
- Position your shoulders directly over your hands.
- Give 30 fast chest compressions without pausing for an adult, 15 for children under 8. An ideal rate would be 30 in 18 seconds. Press down about 2 inches, but no more than one-half of the chest depth for a child under 8.

