



FIGURE 2—Position for Operator before Exerting Pressure

violently, brought to bear upon the patient. (See Figure 3.) This act should take from two to three seconds.

- (e) While counting three, swing backward so as to remove the pressure, thus returning to the position shown in Figure 2.
- (f) While counting four, five—rest.
- (g) Repeat these operations deliberately, swinging forward and backward twelve to fifteen times a minute—a complete respiration in four or five seconds. *Keep time with your own breathing*
- (h) As soon as this artificial respiration has been started, and while it is being continued, an assistant should loosen any tight clothing about the patient's neck, chest or waist. Keep the patient warm. Use blankets or clothing, and possibly, hot water bottles carefully wrapped to prevent burning the patient's skin.
- (i) Continue artificial respiration without interruption until natural breathing is restored, if necessary, four hours or longer, or until the victim's body is wholly stiff and cold. If natural breathing stops after being restored, use artificial respiration again. Men breathing when brought out of gas, or after an electric shock, may suddenly stop breathing. Watch your patient carefully and continually.