

ARTIFICIAL RESPIRATION • Study this METHOD

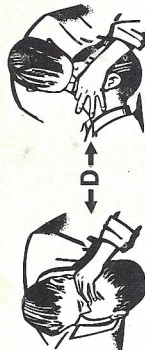
Mouth to mouth or mouth to nose method is the most practical emergency ventilation for any person of any age.

1 IF POSSIBLE, CALL A PHYSICIAN.

2 Immediately remove any foreign matter in victim's mouth.

3 Tilt head so chin points upward (see illus. A)

4 Pull jaw (see illus. B) or push (see illus. C) into jutting position.



6 Breathe into victim's mouth (or nose), 12 breaths per minute on adults; on child, use shallow puffs appropriate for the victim's size, about 20 per minute.

7 If air does not come from victim (indicating obstruction), check head and jaw position. Repeat steps 4 and 5. If exchange still does not occur, turn victim on side and strike several sharp blows between shoulder blades. Clear victim's mouth. Resume efforts.



B

5 Position open mouth lightly over victim's open mouth, at same time, pinch the victim's nose closed and breathe into mouth (mouth and nose of victim may be covered with a thin cloth). OR . . . close victim's mouth and breathe into nostrils (see illus. D). Remove your mouth and listen carefully for air coming from victim's mouth or nose.



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P.O. BOX 8000, NORTH END STATION,
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
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MDI 1300-7 176

BLEEDING

SEVERE BLEEDING Injured persons who are bleeding seriously should be kept quiet and in a position which will lessen blood loss. Use posture techniques shown below. Tight clothing should be loosened. Careful visual examination should be made of victim to determine extent of injury. CALL A PHYSICIAN.

PRESSURE DRESSINGS Pressure should be applied directly over wound. A clean handkerchief, cloth or gauze can be used as a pad. If cloth or pad is not available, wound can be closed with fingers. Elevate bleeding part if no bones are broken. Victim should be in reclining position.

| | | |
|--|---|---|
| Bleeding From Arms or Legs |  | Arm or leg should be in raised position. |
| Bleeding From Scalp, Face, Nose or Mouth |  | Subject should be in sitting position. If reclining, head and shoulders should be in a raised position. |
| Bleeding From the Eye, Ear, or Head |  | Subject reclining . . . head should be raised and shoulders slightly above level of hips. |

NOSE BLEED Subject should be in sitting position with head tilted slightly back. Clothing around neck area should be loosened. Apply cold, wet cloth over nose.

Printed in U.S.A.

DO YOU KNOW WHAT TO DO IN CASE OF AN ACCIDENT?



Keep in Your Glove Compartment

67 Ford
9694-40-27

Your Policy Number



FARMERS INSURANCE GROUP

FIRST AID TIPS

Study these instructions well... they may prove invaluable!

ALWAYS KEEP IN YOUR GLOVE COMPARTMENT

ASPHYXIA (ARREST OF BREATHING)

If victim is not breathing, start artificial respiration at once. (See Artificial Respiration on other side).

SUFFOCATION & GAS POISONING

Move patient into fresh air. If patient is unconscious start artificial respiration.

ACIDS, ALKALIS, VOLATILE FLUIDS, INSECTICIDES

Early professional care is essential since children are the most frequent victims. Keep out of reach of children ... prevention is the best protection.

POISON IVY, OAK, SUMAC

Wash exposed area with soap and water as soon as possible.



CAR OR VEHICLE BREAKDOWN

Pull off the highway as far as possible. GET OUT OF YOUR CAR ON PASSENGER SIDE. Raise the hood. Re-enter car on passenger side and lower window on driver's side. Tie white cloth on outside rear view mirror or lower window slightly, put cloth out window, holding on to corner tip and vice patrol arrives.

ANIMAL BITES

Immediately wash wound with soap and running water.

INSECT STINGS OR BITES

Apply alkaline substances such as baking soda moistened with water, or aromatic spirits of ammonia.

FAINTING

Lower the head or raise the legs.

FRACTURES

Avoid handling an injured person suspected of having broken bone or bones. Keep the patient warm. If bleeding occurs, use pressure dressing.

TOURNIQUET

Caution. A tourniquet should not be used except for an amputated, mangled or crushed arm or leg. Serious damage can be done with a tourniquet unless it is loosened a few seconds every 15 minutes.

FIRE EXTINGUISHER

Car and Vehicle Extinguisher should be not less than 5 lb. A.B.C. TYPE

DAVE CARLSON, AGENT
102 N. W. NEWPORT
BEND, OR 97701
382-6700

Darken in the lines you need in diagramming accident. If the lines are inappropriate for your accident scene then use the inside diagram space provided.