

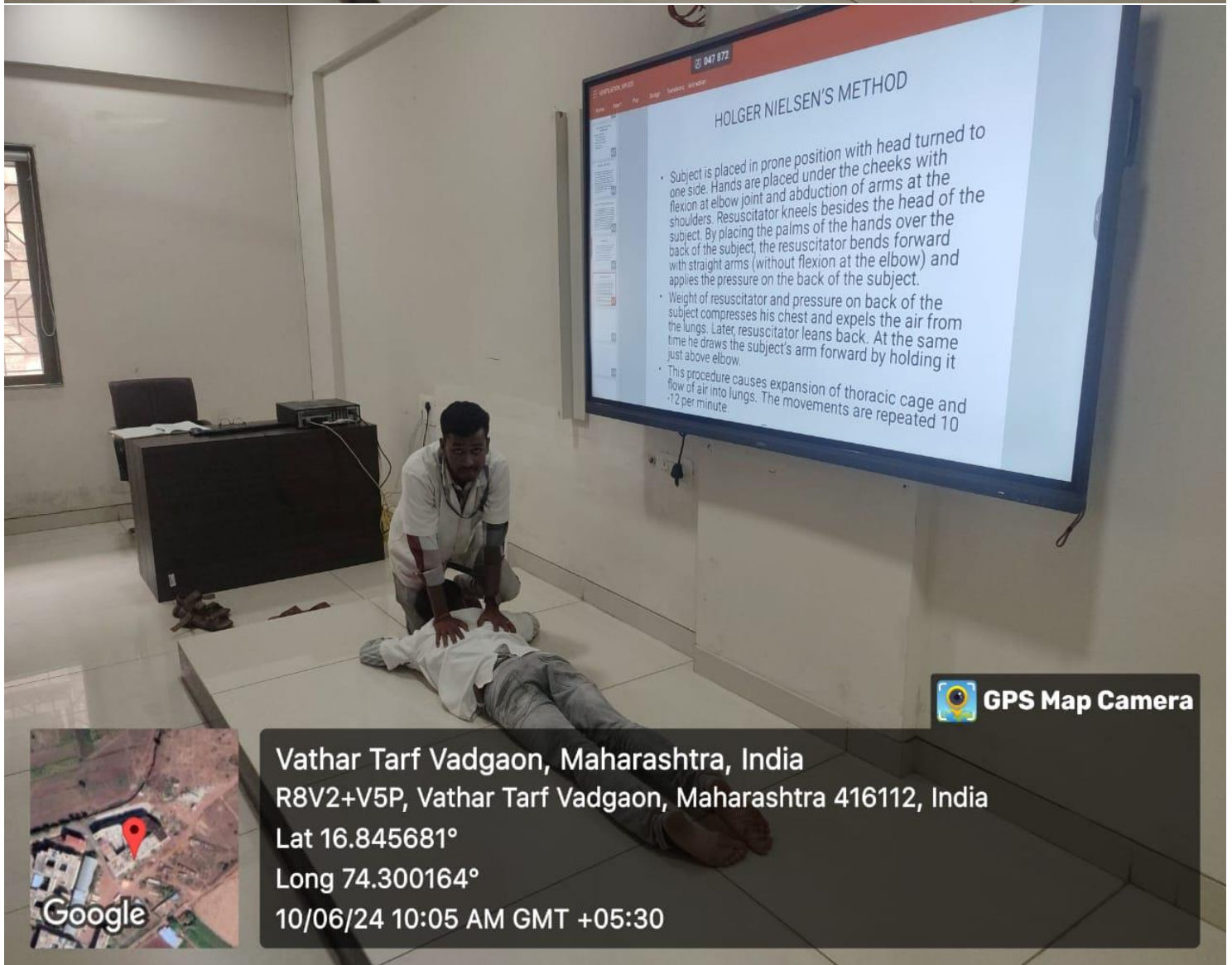
HOLGER NIELSEN'S METHOD

- Subject is placed in prone position with head turned to one side. Hands are placed under the cheeks with flexion at elbow joint and abduction of arms at the shoulders. Resuscitator kneels besides the head of the subject. By placing the palms of the hands over the back of the subject, the resuscitator bends forward with straight arms (without flexion at the elbow) and applies the pressure on the back of the subject.
- Weight of resuscitator and pressure on back of the subject compresses his chest and expels the air from the lungs. Later, resuscitator leans back. At the same time he draws the subject's arm forward by holding it just above elbow.
- This procedure causes expansion of thoracic cage and flow of air into lungs. The movements are repeated 10-12 per minute.

GPS Map Camera



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MOUTH TO MOUTH METHOD

- Subject is kept in supine position and the resuscitator (person who give resuscitation) kneels at the side of the subject. By keeping the thumb on subject's mouth the lower jaw is pulled downwards. Nostrils of the subject are closed with thumb and index finger of the other hand.
- Resuscitator then takes a deep breath and exhales into subject's mouth forcefully. Volume of exhaled air must be twice the normal tidal volume. This expands the subject's lungs. Then the resuscitator removes his mouth from that of the subject. Now, a passive expiration occurs in the subject due to elastic recoil of the lungs. This procedure is repeated at a rate of 12-14 times a minute, till normal respiration is restored.



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