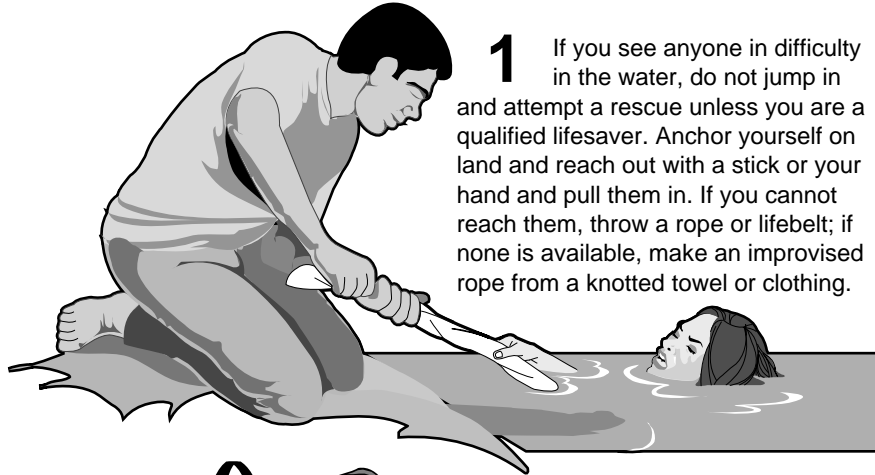


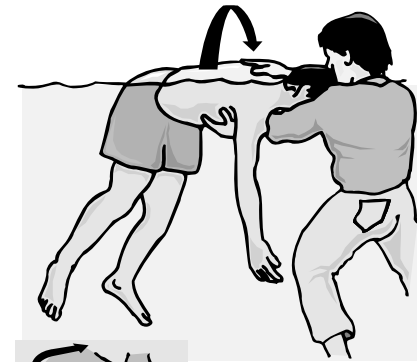


## RED CRESCENT FIRST AID TIPS

### Rescue from drowning



**1** If you see anyone in difficulty in the water, do not jump in and attempt a rescue unless you are a qualified lifesaver. Anchor yourself on land and reach out with a stick or your hand and pull them in. If you cannot reach them, throw a rope or lifebelt; if none is available, make an improvised rope from a knotted towel or clothing.



**2** If the victim is unconscious, and the water level is low enough for you to stand in safely, wade in and approach the victim. Watch for danger: the water may be very cold, and there may be underwater obstructions. If the victim is lying face down, turn the person over on his back so his face is above the water level. Use one arm to support the victim's head and back, and use your other arm to position his body beside you.



**3** Check to see if the victim has a pulse, listen for breathing and watch to see if the chest is moving. If there is no breathing, begin mouth-to-mouth ventilation immediately. (Do not tilt the victim's head back as this may aggravate any neck injury he may have suffered. Instead, move the victim's jaw so you can open the mouth).

**4** If there are bystanders on the shore, get them to call emergency services. Continue giving mouth-to-mouth ventilation. If the victim does not begin to breathe, he or she may have suffered a cardiac arrest. Bring the victim out of the water, lay him or her down on the ground face up, and begin chest compressions.

**5** Upon regaining consciousness, the victim may start to cough up water, so turn the person to the side so the water will drain out safely.

*Presented jointly by Malaysian Red Crescent Society and the Malaysian media in conjunction with the "First Aider in Every Home" campaign. Call 03-4578122*