

The first step in administering artificial respiration by Back-Pressure Arm-Lift Method is the placing of victim in prone position, face down, head turned to one side, with cheek resting on hands as shown in posed photograph.

Rescuer, kneeling at victim's head, places his hands on victim's back, with thumbs just touching and heels of hands just below line running between victim's armpits. Rescuer rocks forward slowly, elbows straight, until arms are almost vertical—exerting steady pressure upon victim.

Rescuer then rocks backward slowly and slides his hands to the victim's arms, just above the elbows, which are raised until resistance and tension is felt at the victim's shoulders—the arms are then dropped to the ground. This completes the full cycle. The cycle should be repeated 12 times per minute at a uniform rate.

