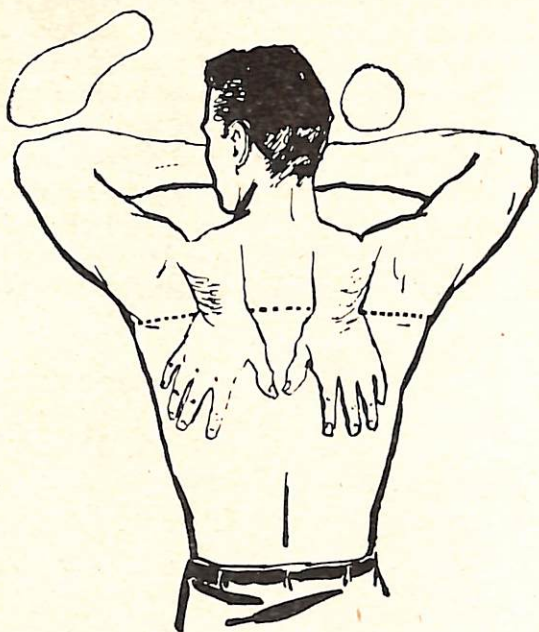


# STANDARD TECHNIQUE FOR EXECUTING THE BACK PRESSURE—ARM LIFT METHOD OF ARTIFICIAL RESPIRATION



## Position of the subject

1. Place the subject in the face down, prone position. Bend his elbows and place the hands one upon the other. Turn his face to one side, placing the cheek upon his hands.



### Position of the operator

2. Kneel on either the right or left knee at the head of the subject facing him. Place the knee at the side of the subject's head close to the forearm. Place the opposite foot near the elbow. If it is more comfortable, kneel on both knees, one on either side of the subject's head. Place your hands upon the flat of the subject's back in such a way that the heels lie just below a line running between the armpits. With the tips of the thumbs just touching, spread the fingers downward and outward.



### Compression phase

3. Rock forward until the arms are approximately vertical and allow the weight of the upper part of your body to exert slow, steady, even pressure downward upon the hands. This forces air out of the lungs. Your elbows should be kept straight and the pressure exerted almost directly downward on the back.



### Position for expansion phase

4. Release the pressure, avoiding a final thrust, and commence to rock slowly backward. Place your hands upon the subject's arms just above his elbows.



### Expansion phase

5. Draw his arms upward and toward you. Apply just enough lift to feel resistance and tension at the subject's shoulders. Do not bend your elbows, and as you rock backward the subject's arms will be drawn toward you. Then drop the arms to the ground. This completes the full cycle. The arm lift expands the chest by pulling on the chest muscles, arching the back, and relieving the weight on the chest.

*The cycle should be repeated 12 times per minute at a steady, uniform rate. The compression and expansion phases should occupy about equal time; the release periods being of minimum duration.*



## **Additional related directions:**

It is all important that artificial respiration, when needed, be started quickly. There should be a slight inclination of the body in such a way that fluid drains better from the respiratory passage. The head of the subject should be extended, not flexed forward, and the chin should not sag lest obstruction of the respiratory passages occur. A check should be made to ascertain that the tongue or foreign objects are not obstructing the passages. These aspects can be cared for when placing the subject into position or shortly thereafter, between cycles. A smooth rhythm in performing artificial respiration is desirable, but split-second timing is not essential. Shock should receive adequate attention, and the subject should remain recumbent after resuscitation until seen by a physician or until recovery seems assured.

*This material supersedes the instructions and information on pages 91, 92, and 93 of the **American Red Cross First Aid Textbook**, revised edition; pages 45 and 46 of the **American Red Cross First Aid Textbook for Juniors**; and pages 190, 191, and 192 of the **American Red Cross Life Saving and Water Safety Textbook**.*

**The American National Red Cross**  
Washington, D. C.

May 11, 1955

Mr. Howard Vesey, Attorney

Town of Leesburg

Leesburg, Va.

Dear Mr. Vesey:

At its meeting on May 9, 1955 the County School Board adopted the following resolution:

"That this board offer to pay \$800. for permission to connect Douglass High School to the new proposed sewer line east of Leesburg, provided satisfactory arrangements can be made for right-of-way to reach the new line."

It is to be assumed that we shall be able to reach this sewer line from our building by gravity rather than to have to use a pump.

Very sincerely yours,

O. L. Emerick

**LOUDOUN COUNTY HEALTH DEPARTMENT  
LEESBURG, VIRGINIA**

IN COOPERATION WITH THE  
STATE DEPARTMENT OF HEALTH

Sept. 13, 1955.

*file* *Health*

Loudoun County School Board,  
Leesburg, Va.

Through Dr. Wouder

Att: Mr. Emerick

Dear Mr. Emerick:

This is to advise you that the sewage disposal system installed at Aldie School by J. S. McCanless, Middleburg, has been completed and has been approved by this department.

The system consists of a 3000 gallon septic tank, a 1000 gallon catch tank, pumping equipment, 2, 5 inch twin siphons, 2, 23 ft. 4 inch square sand filters.

If I may be of further service to you or the Board please call on me.

Very truly yours,



H. E. Hallett,  
Sanitarian,  
Loudoun County  
Health Department.

HMH:bk  
cc/ Mr. J. S. McCanless,  
Middleburg, Va.



September 15, 1955

Mr. H. M. Hallet  
Leesburg  
Virginia

Dear Mr. Hallet:

I appreciate very much your assistance in supervising the installation of the filtration system for our sewer at Aldie.

This has been a big help to us. Your statement that the work has been completed is acknowledged. Thank you for this.

Very sincerely yours,

O. L. Emerick  
Division Superintendent

OLB:mlt

COUNTY SCHOOL BOARD  
Of Loudoun County  
Leesburg, Virginia

September 23, 1955

To Principals:

Subjects: Vaccination and soap

Please observe this rule in connection with vaccination:

Pupils under 7 years of age at the opening of school cannot attend school this year unless they were vaccinated before the opening day. I shall consider exceptions upon request of the principal if based on extenuating circumstances, such as persons who recently moved into the County, especially from another state, and persons who can furnish a doctor's statement that the child's parents requested him to vaccinate the child before the polio season and for some reason the doctor thought it should not be done at that time.

Please keep in mind our rule which has prevailed for a long time that children under 7 at the opening date of school must enter at or near the opening of school. You are to interpret near the opening date of school until and unless a more specific rule is made.

We have \$400 available to assist with the purchase of soap and soap dispensers. You may charge expenditures for these items to us not to exceed an amount equal to \$.08 times your enrolment reported on the first Thursday of school. (Example--Enrolment 180--\$.08 x 180=\$14.40)

Very sincerely yours,



O. L. Emerick  
Division Superintendent

OLE:mlt