

# Resuscitation using a pocket mask



The risk of transfer of infection from casualty to rescuer (or rescuer to casualty) is very low, training in the use of pocket masks is important especially for those with a duty to respond.

The most effective barrier device is the pocket mask with a one-way valve which prevents the casualty's exhaled air being inhaled by the rescuer.

- ✓ The mask is packed flat in its case. Make sure the white filter is snapped in place (if one is supplied).
- ✓ Firmly push out the dome of the mask.
- ✓ Push the one-way valve into place on the top of the mask.
- ✓ Kneel at the side of the casualty's head, place the pocket mask on the casualty's face with the base of the mask settled between the casualty's chin and lower lip.
- ✓ If the mask is fitted with a retaining strap, secure it in place by placing the strap behind the casualty's head. This doesn't create a seal. Be quick to remove it should the casualty vomit.
- ✓ Gently put your hand nearest to the casualty's head on their forehead making a 'C' shape with your thumb and index finger on the pocket mask creating a seal.

- ✓ Place your other thumb and index finger on the pocket at the casualty's chin creating a seal.
- ✓ Tilt the head back to open the airway using the fingers of the second hand to give a chin lift.
- ✓ Blow slowly into the inlet until you see the chest rise. Remember each breath should take about 1 second.
- ✓ Remove your mouth and allow the casualty to exhale.
- ✓ Move immediately to 30 chest compressions.



Masks are reusable but must be thoroughly cleaned after use. One-way valves and the white filter **must** be discarded after use on a casualty.

When there is more than rescuer the next rescuer should have their own pocket mask or one way valve which needs to be changed whilst the first rescuer is performing the chest compressions. When the second rescuer arrives the first should count out loud the chest compressions enabling the second rescuer to get into position for a smooth take over.

Pocket masks can be used on adults and children.

Resuscitation equipment is the subject of policy statements from RLSS UK.