

Near Drowning

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- Near drowning means almost dying from suffocating under water.
- It is the last stage before fatal drowning, which results in death.
- Bystanders should call ambulance immediately.
- The victim should be removed from the water at the earliest opportunity.
- If the person is not breathing, check the person's pulse for 10 seconds. if there is no pulse, start CPR.

- For an **adult or child**, place the heel of one hand on the center of the chest at the nipple line. You can also push with one hand on top of the other.
- For an **infant**, place two fingers on the breastbone.
- Do chest compressions at the rate of 100-120 per minute or more.
- Pinch the nose of the victim closed. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give 2 one-second breaths as you watch for the chest to rise.
- Give 2 breaths followed by 30 chest compressions.
- Continue this cycle of 30 compressions and 2 breaths until the person starts breathing or emergency help arrives.