

Don't lose a friend to booze

Use the Rescue Position

If someone you know **passes out** from drinking alcohol, you can help **reduce the risk of choking** by **positioning your friend** as follows:

Friends help Friends

Never leave your drunken friend alone.

If you are worried about your friend's physical state, **get medical help**, especially if you can't wake him or her.

While waiting for help, watch your friend's breathing.

If breathing stops, begin rescue breathing.

If there is no pulse, begin chest compressions. After a minute, check pulse.



Raise the person's arm closest to you straight above the head. **Straighten** the leg closest to you. **Bend** the other leg at the knee and bring the other arm across the chest.



Place your hands on the shoulder and hips. **Gently** roll the person towards you. **Guard** the head.



Tilt the head to maintain the airway. **Tuck** nearest hand under the cheek to help maintain head tilt.

Call 911 if your friend:

1. Is unconscious and can not be woken.
2. Has cool, clammy skin.
3. Is breathing slowly or irregularly. This usually means less than eight times a minute or ten seconds or more between two breaths.
4. Has unusually pale or bluish skin.
5. Vomits while passed out and does not wake up during or after vomiting.
6. Causes you to really worry for any other reason.

Stay with your friend until help arrives