

## Foundational Facts

### Low Infection Risk

The risk of infection from CPR is extremely low and limited to a few case reports, but the US Occupational Safety and Health Administration (OSHA) requires that healthcare workers use standard precautions in the workplace, including during CPR.

## Giving Adult Mouth-to-Mask Breaths

For mouth-to-mask breaths, you use a mask with or without a 1-way valve. The 1-way valve allows the rescuer's breath to enter the victim's mouth and nose and diverts the victim's exhaled air away from the rescuer. Some masks have an oxygen inlet that allows you to administer supplementary oxygen.

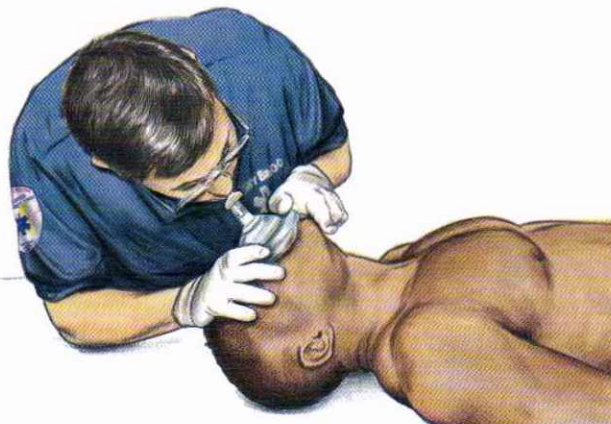
Effective use of the mask barrier device requires instruction and supervised practice.

## Giving Mouth-to-Mask Breaths

To use a mask, the lone rescuer is at the victim's side. This position is ideal when performing 1-rescuer CPR because you can give breaths and perform chest compressions when positioned at the victim's side. The lone rescuer holds the mask against the victim's face and opens the airway with a head tilt–chin lift.

Follow these steps to open the airway with a head tilt–chin lift and use a mask to give breaths to the victim:

Step	Action
1	Position yourself at the victim's side.
2	Place the mask on the victim's face, using the bridge of the nose as a guide for correct position.
3	Seal the mask against the face: <ul style="list-style-type: none"><li>• Using the hand that is closer to the top of the victim's head, place your index finger and thumb along the edge of the mask.</li><li>• Place the thumb of your second hand along the bottom edge of the mask.</li></ul>
4	Place the remaining fingers of your second hand along the bony margin of the jaw and lift the jaw. Perform a head tilt–chin lift to open the airway (Figure 10).
5	While you lift the jaw, press firmly and completely around the outside edge of the mask to seal the mask against the face.
6	Deliver air over 1 second to make the victim's chest rise.



**Figure 10.** Mouth-to-mask breaths, 1 rescuer. The rescuer performs 1-rescuer CPR from a position at the victim's side. Perform a head tilt–chin lift to open the airway while holding the mask tightly against the face.