

RESUSCITATION DRILL.**THE SCHÄFER METHOD.**

The object of this drill is to teach the treatment for restoring suspended breathing.

Note.

After completing the Rescue and Release Drills on Land the Instructor will proceed with the Resuscitation Drill, number "one" acting as patient and number "two" as operator.

In the event of it being necessary to re-form the class for this Drill, the order "Fall In" must be given, when the members will form up in single rank, according to size, and take up the position of "Attention." (See Preliminary Drill, Orders Nos. 1 and 2.)

One or more ranks may be formed, according to the number of members of the class and the space at the disposal of the Instructor, who should take care to leave a clear space of at least six feet between each rank.

Right-Dress.

Eyes-Front.

In Twos—Number.

} See Preliminary Drill, Orders
4, 5, and 6.

Note.

When it is necessary to cover the floor in order to protect the clothing of the members of the class, the Instructor will direct numbers "one" to place a mat or towels, covering a space of about 6ft. by 1ft. 6in. over the place taken up by each number "one" at the right side of numbers "two," such mat or towels to extend about 3ft. 6in. to the front of the rank. This having been completed, numbers "one" will resume their places in the rank, and then the Instructor will explain the object of the Drill, the duties of numbers "one" and "two," and the Resuscitation Drill will be proceeded with as follows:—

Position.

On the word "Position," number "one" will go down, first on the right, then on the left knee, fall forward on to the hands, and lie down face downward, resting the left side of the face on the mat with the arms, from the shoulders to the elbows, extended sideways. (See Diagram 28.) Number "two" will then go down on both knees, at the left side of number "one," facing to the front, and will place the hands in the small of the back of number "one," with thumbs parallel, pointing towards the head, nearly touching and fingers extended as wide as possible on each side of the body. (See Diagram 29.)



Diagram 28.



Diagram 29.

One.

On the word "One," number "two" will lean forward, steadily allowing his weight to fall over upon both hands, slowly and without effort, so that the lower part of the body of number "one" is compressed against the floor, while the body of number "two" inclines forward over his own hands with arms straight, as in Diagram 30.

Two.

On the word "Two," number "two" will swing backward, releasing all pressure, but without lifting his hands from the patient's body, as in Diagram 29.

Continue.

On the word "Continue," the movements "One" and "Two" must be repeated in regular time, at the rate of about twelve to fifteen times a minute.

Halt.

On the word "Halt," the movement "Two" must be completed, and then number "two" will bring his hands from the patient's body smartly to his own sides and kneel at attention. (See Diagram 31.)

Promote Warmth.

On the word "Warmth," number "two" will rub the patient along his back, the sides of his body, inside his legs and inside his arms; the rubbing must always be towards the heart.

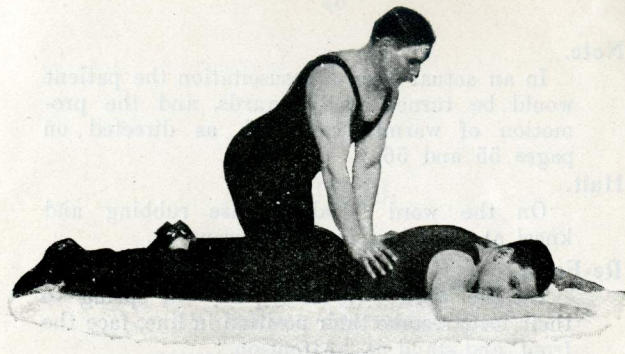


Diagram 30.

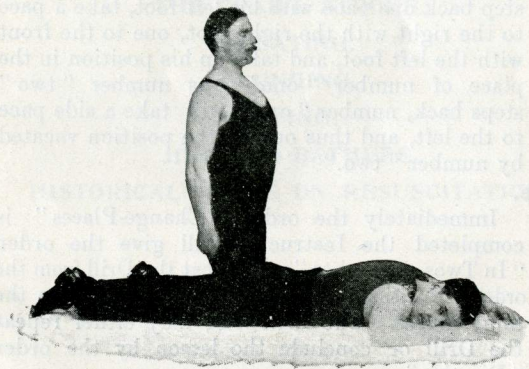


Diagram 31.

Note.

In an actual case of resuscitation the patient would be turned face upwards, and the promotion of warmth continued as directed on pages 55 and 56.

Halt.

On the word "Halt," cease rubbing and kneel at attention, as in Diagram 31.

Re-Form.

On the word "Re-form," all will spring to their feet, resume their position in line, face the front, and stand at "Attention."

Change—Places.

On the word "Places," number "two" will step back one pace with his left foot, take a pace to the right with the right foot, one to the front with the left foot, and take up his position in the place of number "one"; as number "two" steps back, number "one" will take a side pace to the left, and thus occupy the position vacated by number "two."

Note.

Immediately the order "Change-Places" is completed the Instructor will give the order "In Twos—Number," and repeat the Drill from the order "Position," thus each member performs the same duties. The Instructor may either repeat the Drill or conclude the lesson by the order "Dismiss."