



Position Yourself

Position at the head for a clear view and better control.

Ensure Proper Neck Alignment

Assess for neck injuries and maintain cervical spine alignment.

Gently Extend the Jaw

Use fingers and thumbs to lift the jaw while keeping the head in a neutral position.

Lift the Jaw

Apply gentle upward and slightly forward pressure to avoid hyperextension.



1. Position Yourself

Position yourself at the head of the unconscious person. Stand or kneel at a level that allows you to maintain a comfortable and stable posture throughout the maneuver. This positioning provides you with a clear line of sight to the person's airway and face, enabling better control of the process.

2. Ensure Proper Neck Alignment

Before you begin the maneuver, check the person's neck for any signs of injury, trauma, or potential neck instability. Pay attention to the person's posture and any visible abnormalities. If there's a possibility of neck injury, take extra precautions to maintain proper alignment of the cervical spine while performing the maneuver.

3. Gently Extend the Jaw

With your index and middle fingers, position your hands on