

# First Aid for Choking

## Choking (Adult)

If a choking person can speak, breathe or cough – **STAND BY and encourage coughing.**

If a conscious person cannot speak, breathe or cough:

- 1 Stand behind person and find top of the hip bones with your hands.
- 2 Place a fist midline against the abdomen.
- 3 Grasp fist with other hand and press inward and upward forcefully.
- 4 Continue until object is expelled or person becomes unconscious.



FIND TOP OF HIPBONES



PLACE FIST MIDLINE ON ABDOMEN



PRESS INWARD AND UPWARD

If the person becomes unconscious ease him or her to the ground and send for medical help

- 1 Open the mouth and look for obstruction.
- 2 Open the airway and check breathing. If not breathing...
- 3 Give two breaths. If air doesn't go in the first time, reposition the head and try again.
- 4 Begin CPR. Give 30 compressions.
- 5 Each time you finish 30 compressions, look in mouth before giving the first breath.