

Helping a Choking Adult

Step	Action
1	If you think someone is choking, ask, "Are you choking?" if he nods yes, tell him you are going to help.
2	Get behind him. Wrap your arms around him so that your hands are in front.
3	Make a fist with 1 hand.
4	Put the thumb side of your fist slightly above his belly button and well below the breastbone.
5	Grasp the fist with your other hand and give quick upward thrusts into his abdomen.
6	Give thrusts until the object is forced out and he can breathe cough, or talk, or until he stops responding.

