

FIRST AID FOR CHOKING

You must **ACT** if there are any signs that a person can't speak or breathe



- Universal choking sign (clutching the neck)
- Person can't breathe, cough or speak
- Person makes high pitched sounds when breathing
- Lips and finger nails may become blue

ASK: "Are you choking?"

If the person says yes, follow these steps:

- Stand behind them, leaning them forward slightly
- Make a fist with one hand
- Wrap your arms around them, grasping your fist with the other hand near the top of the stomach, just below the ribcage
- Provide quick, upward and inward abdominal thrusts until the food or object is forced out.



If the person becomes unresponsive:

- Call 911
- Lay the person flat on his/her back
- Open his/her mouth
- Remove the object if possible

If object cannot be seen:

- Tilt his/her head back
- Begin CPR
- Look for object each time you open airway
- Continue rescue breathing and chest compressions until help arrives

