

CHOKING RESCUE

Signs & Symptoms:

- Victim Grasping at Throat
- Red Face
- Cannot Speak
- Difficulty Breathing and may produce a high-pitched noise

Steps to Follow:

- Check the scene for safety
- Call 911 or local emergency number _____
- Check for signs of life and care for victim's condition
- Use precautions to prevent disease transmission

IF VICTIM IS CONSCIOUS OBTAIN CONSENT AND THEN PROCEED



- Take a position slightly behind the victim. Provide support by placing one arm diagonally across the chest and lean the person forward.
- With the heel of the other hand firmly strike the person between the shoulder blades 5 times. If this does not dislodge the object give 5 abdominal thrusts.
- Grasp your fist with your other hand and press into higher upper abdomen with a quick upward thrust. Do not squeeze the rib cage; confine the force of the thrust to your hands.
- Repeat 5 back blows followed by 5 abdominal thrusts until the object is expelled or the person becomes unconscious.



To make fist

IF VICTIM BECOMES OR IS UNCONSCIOUS



- Place the victim on his/her back.
- Give 30 chest compressions with your dominant hand or both positioned in the center of the victim's chest. Chest compressions should be administered at a rate of 100 thrusts per minute.
- Repeat until object is expelled.
- If the victim does not recover, proceed with CPR (see below).

EXTREME OBESITY OR ADVANCED PREGNANCY: GIVE CHEST THRUSTS INWARD AGAINST THE MIDDLE OF THE PERSON'S BREASTBONE.

CPR AT A GLANCE

CALL 911 OR LOCAL EMERGENCY NUMBER _____, RETURN TO VICTIM TO ADMINISTER CPR.

PLACE VICTIM FLAT ON HIS/HER BACK ON A HARD SURFACE



A

OPEN AIRWAY

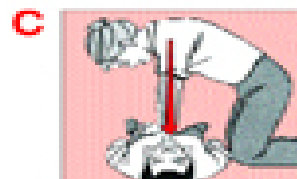
- Look for and remove any foreign object seen in mouth.
- Tilt head and lift the chin.
- Pinch the nose shut.



B

RESTORE BREATHING

- Give 2 rescue breaths.
- Blow into the victim's mouth to make the chest clearly rise. Each rescue breath should last 1 second.



C

FOLLOW THESE STEPS:

- Place hands in the center of the victim's chest and position shoulders over hands with the dominant hand on bottom.
- Give 30 chest compressions.
- Give 2 rescue breaths.
- Continue sets of 30 compressions and 2 rescue breaths until medical help arrives or the victim shows signs of life.

Note: If at anytime an obvious sign of life is found, stop CPR and monitor breathing.

IF AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED) is available:



1. ACTIVATE THE AED SYSTEM
2. BEGIN CPR UNTIL SERVICE ARRIVES
3. PLACE DEVICE ON VICTIM
4. FOLLOW VOICE PROMPTS