

CHOKING

FIRST-AID FOR ADULTS (AGES 9 AND OVER)

IN AN EMERGENCY CALL **9-1-1**

Conscious Victim Standing

- 1 Recognize choking signs.** Choking victim will have severe difficulty speaking, breathing, coughing and may be clutching throat between thumb and fingers. Ask if he (or she) is choking. If able to speak or cough effectively, do not interfere. If choking persists, do not interfere. If choking persists, activate the EMS system.



- 2 If choking – Give 5 abdominal thrusts.** Stand behind victim and wrap arms around his or her waist. Making a fist, place thumb side of fist into abdomen above navel and below rib cage. Grasp fist with other hand and press inward and upward with 5 quick thrusts. Continue thrusts until object comes out or victim becomes unconscious.



- 3 If pregnant or obese – Give 5 chest thrusts.** Stand behind victim, placing your arms under victims armpits, and encircle chest. Place thumb side of fist on the middle of the breastbone. Grasp fist with other hand and press backward with 5 quick thrusts.



Victim Lying Conscious or Unconscious

- 1 Check if conscious or unconscious.** Gently tap and shake shoulders to determine if victim is ok. If unresponsive, activate the EMS system by having someone call the local emergency number.



- 2 Position victim carefully on back.** If lying face down, roll victim flat onto back. Supporting head, neck, and torso carefully turn victim as a unit without twisting (Roll victim over as a log).



- 3 Open airway. Check for breathing.** Apply downward pressure with hand on forehead and gently lift with other hand just under chin. Place ear close to victim's mouth and nose. **LOOK** for rise and fall of chest. **LISTEN** and **FEEL** for breathing.



- 4 Attempt to ventilate.** Keeping head tilted and airway open, pinch victim's nose with thumb and index finger. Cover victim's mouth and attempt to get air into the lungs by giving 2 full breaths. If unsuccessful, retit the head and start chest compressions.



• If unsuccessful reattempt to ventilate •