

CHOKING FIRST AID PROCEDURES

This poster is not a substitute for specific training

Please contact your local hospital or fire department for more information on Choking First Aid

DETERMINE IF VICTIM CAN CRY (if infant), SPEAK, OR COUGH
IF NOT, SHOUT FOR SOMEONE TO CALL 911
If you're the only rescuer, perform choking first aid before calling 911

Give 5 Back Blows (Step 1)

- Stand behind the victim and place arm across their chest for support; bend the victim slightly at the waist; firmly strike the victim between shoulder blades with the heel of your hand



Give 5 Abdominal Thrusts (Step 2)

- Stand behind the victim and wrap your arms around the victim's waist; place your fist thumb-side in against victim's abdomen, below rib cage, slightly above the navel; grasp your fist with other hand; press your fist forcefully with quick upward thrust into the victim's abdomen



Infants

- Follow 5 back blows with 5 chest compressions using two fingers placed at the center of the infant's breastbone



Pregnant Women

- Apply 5 standing chest compressions in place of 5 abdominal thrusts



Repeat Steps 1 and 2 until the object is forced out, the person can cough forcefully or breathe, or becomes unconscious

If the person becomes unconscious, begin CPR starting with chest compressions. Each time you open the airway, look in the airway and remove the object if you see it