

# FIRST AID FOR CHOKING

1

GIVE 5 BACK BLOWS

ADULT



GIVE 5 ABDOMINAL THRUSTS

2



## Choking

- A person who is choking will grasp their throat.
- Call 911
- If the victim can cough, speak or breathe, you know some air is getting into the lungs.
- Encourage the victim to cough up whatever is blocking the airway.
- If the victim cannot, you will need to help clear this object.
- If the person is conscious, continue with steps 1 and 2.

Repeat steps 1 and 2 until the object is coughed up, medical help arrives or the person becomes unconscious. If the person becomes unconscious, check for the foreign object in their mouth. Continue with chest compressions and rescue breathing.