

EMERGENCY CARE FOR CHOKING

CONSCIOUS VICTIM

**If victim CAN breathe,
cough or speak -
DO NOT INTERFERE.**

**If victim CANNOT breathe,
cough or speak -
give quick upward thrusts
(grip above waist but below ribs)**

(Avoid pressing on the bottom of the breastbone.)



Hold thumb side inward, use other hand to give an in and upward thrust.

Hold fist with thumb tucked in.



Repeat thrust steps until effective or until victim becomes UNCONSCIOUS

UNCONSCIOUS VICTIM

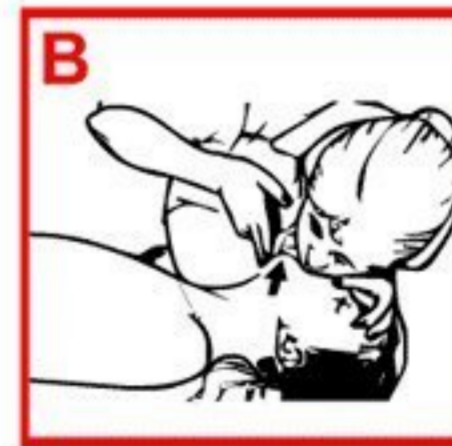
Phone 911 or send someone to call.
Return to the victim.



Do 30 chest Compressions
(Place heel of one hand on center of breastbone and heel of second hand on first hand.)



If trained in CPR, Open the Airway.
Look for foreign object.
IF one is seen, remove it (head tilt, chin lift).



Attempt two Breaths
If trained in CPR, Repeat steps C, A and B, if not, continue chest compressions until victim starts breathing or until emergency/medical help arrives.

- Have someone call for an ambulance, rescue squad or EMS.
- DO NOT PRACTICE ON PEOPLE. Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
- Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
- For CPR training information, call your local American Heart Association or American Red Cross chapter.
- For children 1 to 8 years of age, use one hand for chest compressions.

Standards from the American Heart Association

