

Emergency Care for Choking



Conscious Victim

If the victim **CAN** breathe, cough, or speak then do not interfere.

If the victim **CAN NOT** breathe, cough, or speak, then follow the steps below.

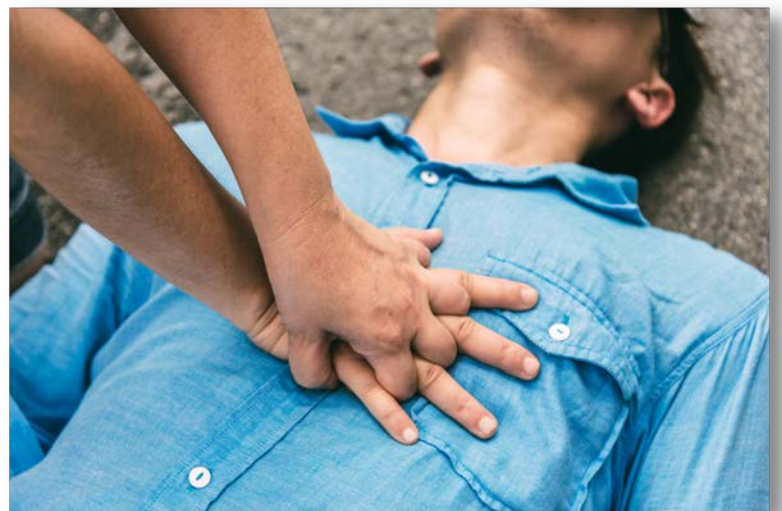


1. Reach around the person's waist.
2. Position one clenched fist above the navel but below the rib cage.
3. Grasp your fist with your other hand.
4. Pull the clenched fist upward sharply under the rib cage.
5. Continue until the obstruction is relieved or the victim falls unconscious.

Unconscious Victim

Call 911 or another emergency response number or send someone to call and then return to the victim and follow the steps below.

1. Open the airway and look for a foreign object. If one is seen, remove it.
2. Do 30 chest compressions with the heel of one hand on the center breastbone and the other hand pushing into the first hand.
3. Tilt the victim's head back, lifting the chin.
4. Attempt two breaths.
5. Repeat steps 1-4 until the victim starts breathing or emergency services arrive.



- Use chest thrusts and back blows on pregnant or obese victims.
- Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
- Call your local American Heart Association or American Red Cross chapter for CPR training information.
- For children 1 to 8 years old, use one hand for chest compressions and one breath.
- A different technique is used in infants and small children. Discuss the proper procedure for a child with a healthcare provider.