

# FIRST AID FOR CHOKING



You must act if there are any signs that a person can't speak, breathe or cough.

## SIGNS

- Universal choking sign
- Person cannot breathe, cough or speak
- Person makes high pitched sounds when breathing
- Lips and finger nails may become blue

**Ask, "Are you choking?"** If the person gestures yes, stand behind the person, wrapping your arms around the person's waist.



Make a fist with one hand



hold it with the other hand against the person's abdomen

between the navel and lower end of breast bone

Provide quick, upward and inward abdominal thrusts (Heimlich maneuver) until the food or object is forced out.

**If the person becomes unresponsive,**

- Call 911 or local EMS Telephone \_\_\_\_\_
- Return to the person
- Lay the person flat on his or her back
- Open his or her mouth
- Remove the object if you see it



- If the object is not seen:
- Tilt his or her head back
  - Begin CPR
  - Look for the object each time you open the airway



- Continue rescue breaths and chest compressions until rescue personnel arrive.