First Aid for Choking

Step 1: Determine if the victim is choking
- Ask “Are you choking? Can you cough?”
- If unable to breathe, cough, or speak, have someone call 9-1-1 and proceed to the next step.

Step 2: Perform the Heimlich maneuver
- Stand behind the victim
- Wrap your arms around the victim’s waist
- Make a fist with one hand, place your fist (thumb side) against the victim’s stomach in the middle, just above the belly button and well below the ribs
- Grasp your fist with your other hand
- Press into the stomach with a quick upward thrust
- Repeat until the victim is able to breathe or becomes unconscious

Step 3: If the victim becomes unconscious
- Lower the victim to the floor, lay them flat on their back
- Open the mouth, check to see if the object they were choking on is in their mouth
- If it is, use a finger sweep to remove it from the mouth
- If it is not, start CPR
- Continue CPR until victim becomes conscious or EMS arrives

LOCAL EMERGENCY TELEPHONE NUMBER: 9-1-1

SCHOOL ADDRESS: ________________________________