

First Aid for Choking

Determine if the victim is choking



- Ask the victim: “Are you choking?”
- If the victim nods yes or can’t respond, help is needed. However, if the victim is coughing, crying or speaking, do NOT do any of the following, but call EMS 9-1-1, try to calm him/her and watch for worsening symptoms. If cough becomes ineffective (loss of sound) and victim cannot speak, begin Step 1 below.

Perform the Heimlich maneuver



1. Stand or kneel behind the victim with arms encircling the person.
2. Place thumb-side of the fist against middle of abdomen just above the navel.
3. Give up to 5 quick inward and upward abdominal thrusts.
4. REPEAT STEPS 1-3 UNTIL OBJECT IS COUGHED UP, VICTIM STARTS TO BREATHE OR CHILD BECOMES UNCONSCIOUS.
5. If victim becomes unconscious (unresponsive), call EMS 9-1-1 if not already called, place victim on back and immediately begin CPR chest compressions (5 cycles of 30 compressions to 2 rescue breaths)

For Obese or Pregnant Persons:

Stand behind person and place your arms under the armpits to encircle the chest. Press with quick backward thrusts.

SCHOOL ADDRESS: _____