



## First Aid For Choking

(conscious adults)

1. If someone cannot breathe, cough or speak...  
A black and white line drawing showing two people. One person is standing behind the other, placing their fist against the victim's abdomen just above the navel. Their other hand is gripping their fist. Both individuals are looking towards the victim.
2. Ask, "Are you Choking" and ask the victim if you can help them. If they are choking, call 9-1-1 or the local emergency number.  
A black and white line drawing showing two people. One person is standing behind the other, placing their fist against the victim's abdomen just above the navel. Their other hand is gripping their fist. Both individuals are looking towards the victim.
3. Give First Aid for Choking
  - o Stand behind the person
  - o Wrap your arms around their waist
  - o Make a fist with one hand. Place your fist (thumb side) against the person's stomach in the midline just above the navel and well below the ribs.
  - o Grasp your fist with your other hand. Press into the stomach with a quick upward thrust.
4. Repeat if necessary.

# First Aid For Choking (INFANT or CHILD)

**IF...**

the infant or child is breathing  
and continues to be able to  
speak or cough

**THEN...**

Encourage continued coughing  
and stay with the victim to  
respond if their condition gets  
worse.

**IF...**

the infant or child has  
ineffective coughing, high  
pitched inspirations, and the  
inability to speak or cry.

**THEN...**

Call 9-1-1 and immediately begin  
the obstructed airway sequence  
described below.

**Tell someone to dial 9-1-1 to reach the Emergency Medical Services.**

## **Conscious Child (over 1 year old)**

To dislodge an object from the airway of a child,  
perform abdominal thrusts:

- Stand or get on one knee behind the child.
- Place the thumb side of your fist just above the child's belly button, grab your fist with your other hand.
- Give quick upward thrusts until the object is removed or the child goes unconscious.

# First Aid For Choking

## Conscious Infant (*under 1 year old*)

To dislodge an object in the airway of an infant, perform **5 Back Blows** and **5 Chest Thrusts** by:

Supporting the head and neck with one hand, straddle infant face down, head lower than trunk, over your forearm, supported on your thigh.

Deliver **five** back blows with the heel of the hand between the infant's shoulder blades.

Turn the infant over by sandwiching the infant between your hands and forearms and turn onto its back. With their head lower than their trunk use 2-3 fingers **on the center of the breastbone** to deliver **five chest thrusts**. Each thrust should be about  $\frac{1}{2}$  - 1 inch deep.

Repeat back blows and chest thrusts until foreign body is expelled or the infant becomes unconscious.

