

Adult Choking Emergency: First Aid for Airway Obstruction

If an adult is choking and cannot speak, cough, or breathe, act immediately. Stand behind the person and give up to 5 firm back blows between the shoulder blades using the heel of your hand. If the blockage persists, perform up to 5 abdominal thrusts (Heimlich maneuver) by placing a fist above the navel and pulling inward and upward. Alternate between 5 back blows and 5 abdominal thrusts until the object is expelled or emergency help arrives. If the person becomes unresponsive, call emergency services and begin CPR.

Recognizing Choking in Adults

- Appears anxious or in distress
- Forceful or ineffective coughing
- High-pitched or abnormal breathing sounds
- Difficulty breathing or speaking
- Unable to speak, cough, or make noise
- Face appears pale or flushed
- Skin, lips, or face may turn blue or purple (cyanosis)
- Loss of consciousness or unresponsiveness



What to Do if an Adult is Choking

- Call emergency services immediately.
- Begin first aid: alternate 5 back blows and 5 abdominal thrusts.
- Stay on the line — the dispatcher can guide you through the steps



Giving Back Blows to a Choking Adult

- Have the person lean forward slightly to help clear the airway.
- Stand behind them and support their chest with one hand.
- Use the heel of your other hand to deliver firm blows between the shoulder blades.
- Give up to 5 back blows.
- After each blow, check if the obstruction has been



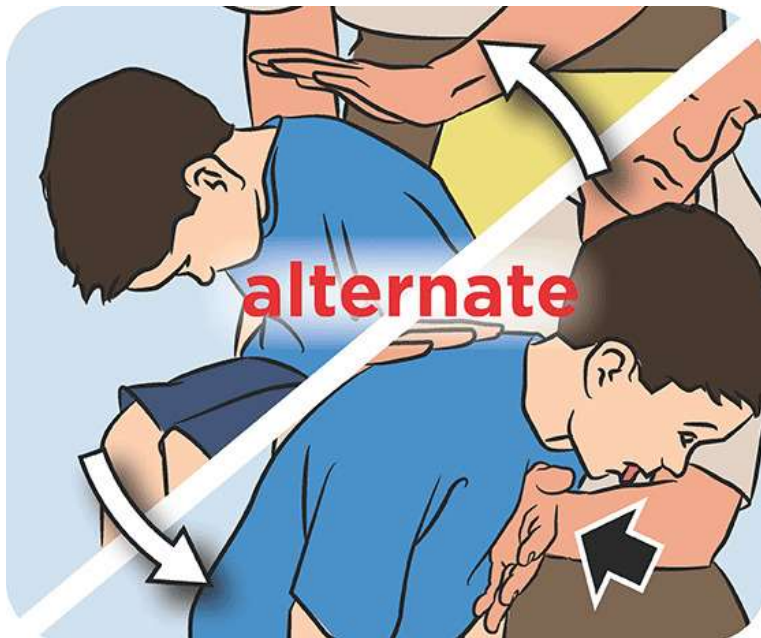
cleared

- After each blow, check the baby's mouth to see if the blockage has cleared.



Continue Helping Until the Adult Can Breathe

- Alternate between 5 back blows and 5 abdominal thrusts until the blockage is cleared
- Once the airway is clear, encourage the person to rest in a comfortable position
- Stay with the person until emergency help arrives



Performing Abdominal Thrusts on a Choking Adult

- If the obstruction persists, stand behind the person and wrap your arms around their waist.
- Make a fist with one hand and place it just above the navel, below the ribcage.
- Grasp your fist with the other hand and deliver up to 5 quick, inward and upward thrusts.
- After each thrust, check if the airway is clear.



If the Adult Is Still Choking

- Continue giving 5 back blows and 5 abdominal thrusts until emergency help arrives.
- If the person becomes unconscious, begin adult CPR immediately.

Adult Choking Prevention

Choking in adults usually happens when food or an object blocks the airway. Prevention mainly involves safe eating habits, awareness, and emergency readiness.

Toy Safety Tips for Children

- Always follow the recommended age guidelines on toy labels.
- Avoid toys with small parts, breakable pieces, or brittle surfaces.
- Steer clear of toys containing button batteries, as they can be dangerous if swallowed.
- Regularly inspect toys for loose screws, buttons, or exposed stuffing to keep them safe.



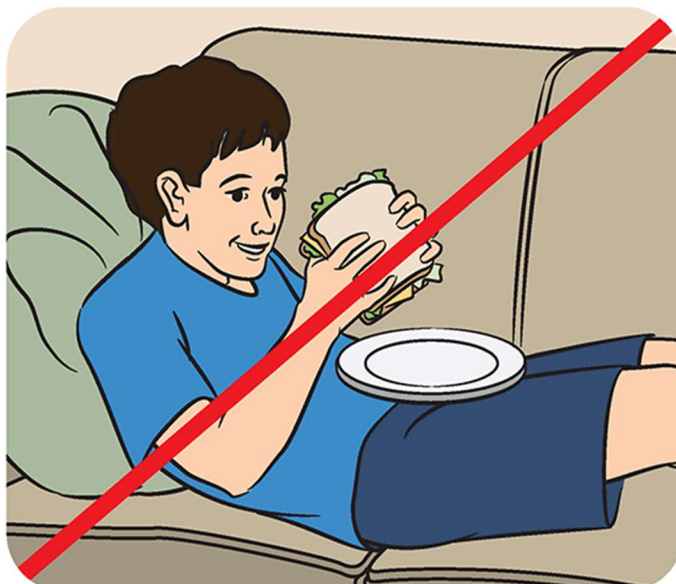
Teaching Kids to Eat Safely

- Encourage your child to sit down while eating instead of walking or playing.
- Teach your child to chew food thoroughly and swallow carefully before taking the next bite.

⚠️ Avoid Eating While Playing or Lying

Down

- Do not let your child eat while lying down.
- Avoid letting your child run, walk, or play during meals.
- Teach your child that eating should be done while sitting still to prevent choking.



🩺 Treatment Medication

Medicines or antibiotics that may be prescribed to aid recovery after choking

🚫 No medicine can remove a blockage.

If something is stuck in the airway, only physical methods (like the Heimlich maneuver or medical procedures) can clear it.

