

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





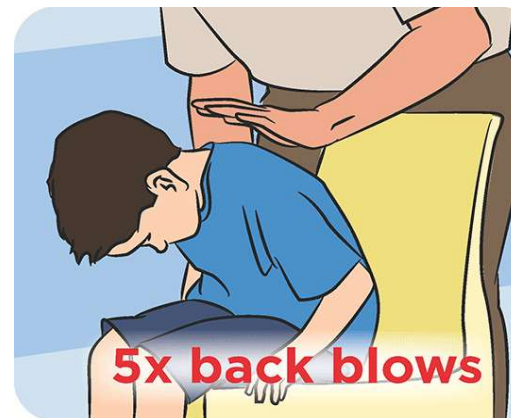
☞ Continue Helping Until the Adult Can Breathe

- 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



sos 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