



FIRST AID FOR CHOKING



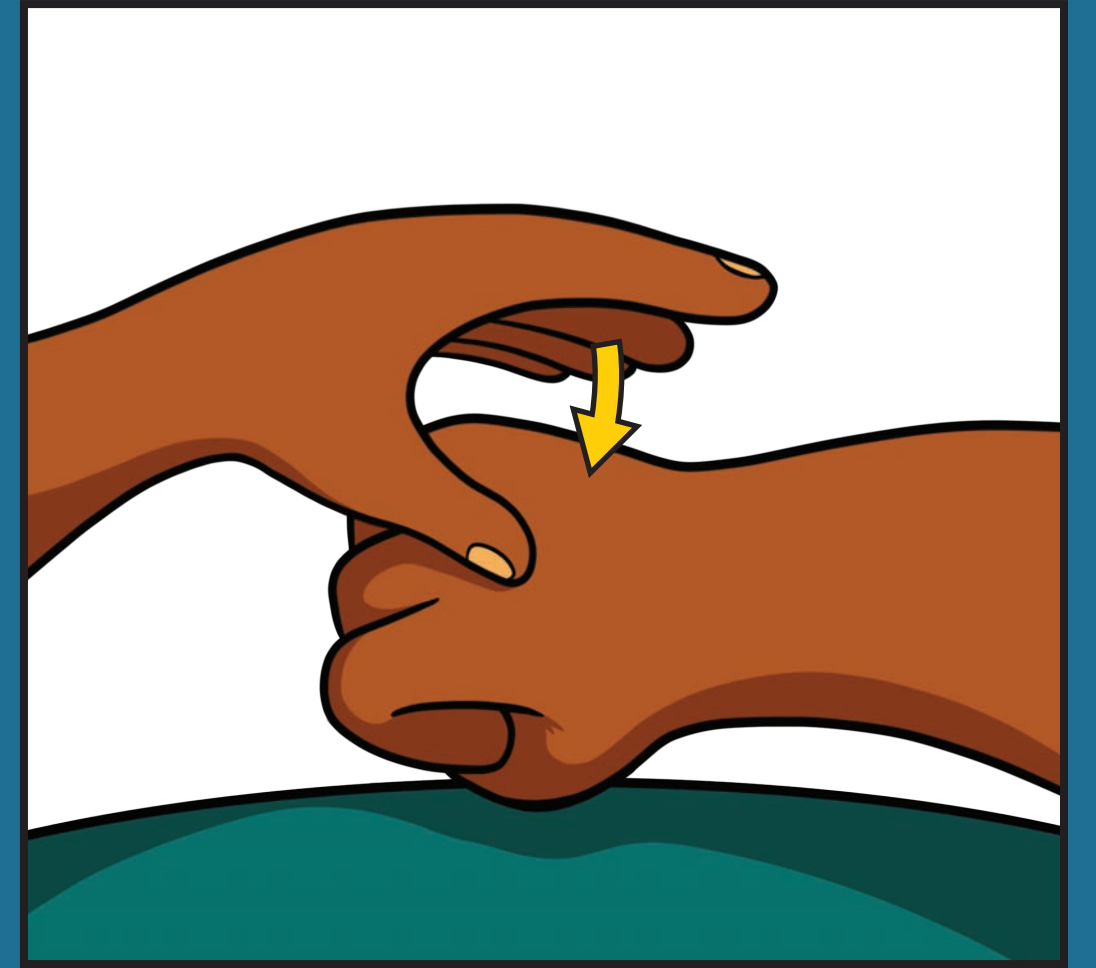
Recognize

Recognize if the person is making a choking sign and unable to communicate or cough.



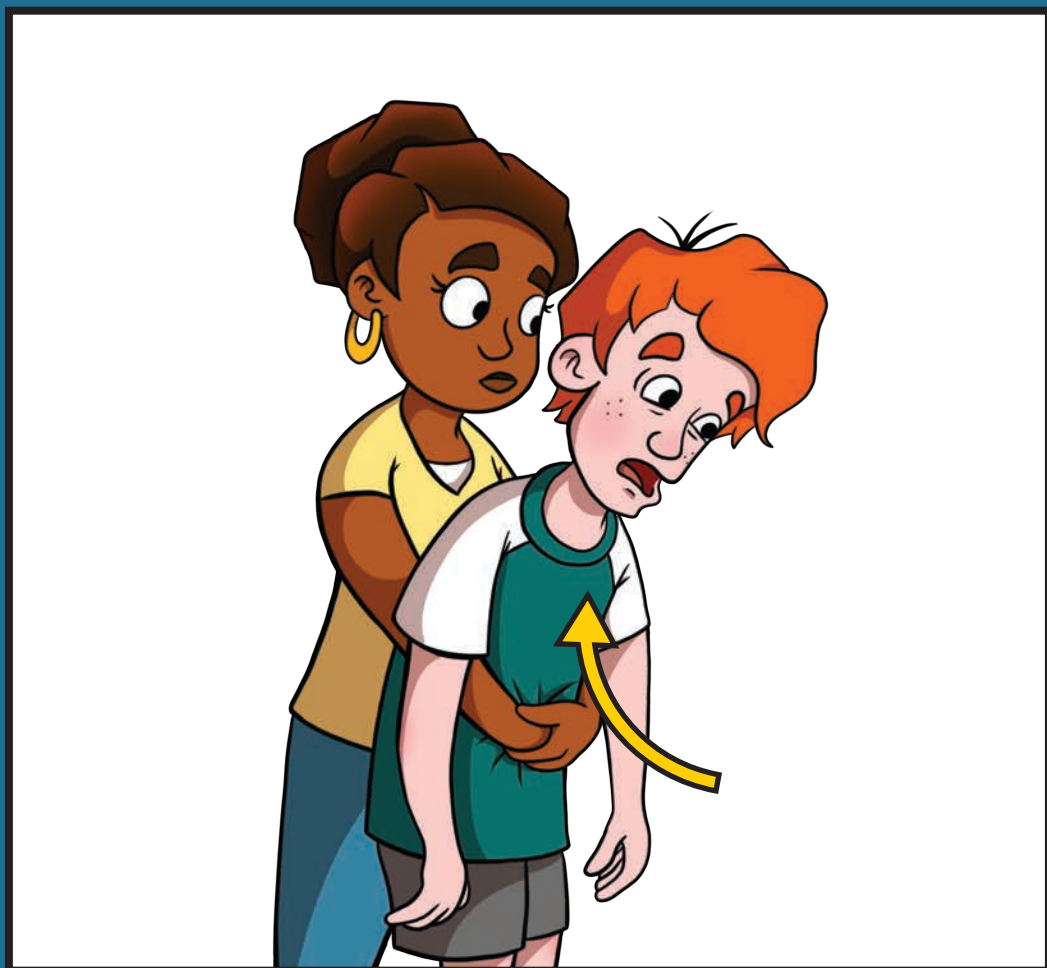
911

Call out for help.
If nobody is nearby, use a phone to call 911.



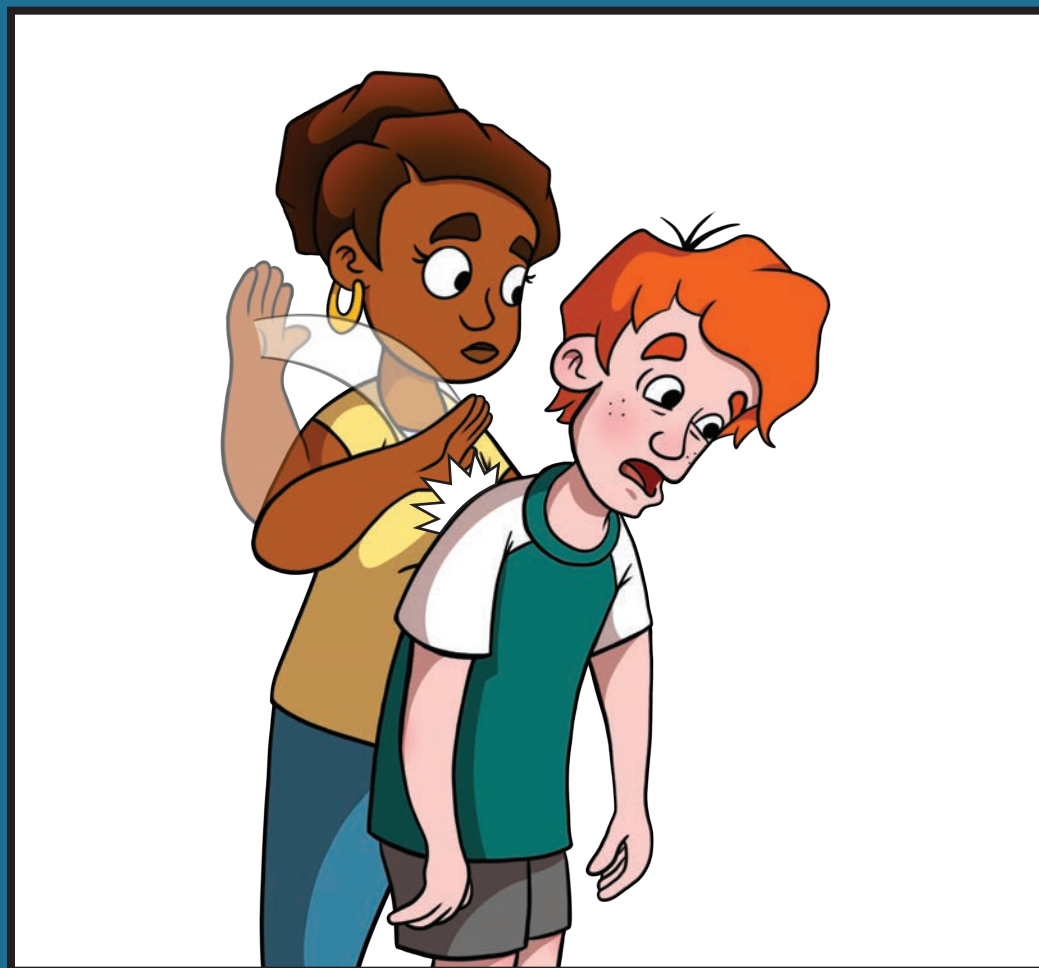
Abdominal Thrusts

Make a fist. Place thumb-side just above the belly button and below the ribcage. Grasp your fist with other hand.



Inward and Upward

Pull sharply, inward and upward into their abdomen.
If sitting, perform same maneuver from behind chair.



5 Back Blows

Bend them forward at the waist and give 5 back blows between their shoulder blades with the heel of your hand.



Repeat

Alternate between 5 abdominal thrusts and 5 back blows until the object comes out, the person starts coughing, speaks, or loses consciousness.

HOW TO PERFORM CPR



Lift Chin

Open airway by lifting the chin and tilting head back.



Rescue Breaths

Pinch nose and give two rescue breaths. Watch for chest rising.



Hand Position

Intertwine fingers and place palm in middle of chest.



Chest Compressions

Use forceful pressure to push down 2 inches, then up. Continue 100 times per minute.