

# CHOKING

## 1 CHECK THE SCENE & THE PERSON

Make sure the area is safe

Are you choking?



## 2 ENCOURAGE COUGHING

If they can cough, speak, or breathe, encourage them to keep coughing

Stay close and monitor



## 3 CALL FOR HELP

If the airway is severely blocked (silent, cannot breathe, turning blue)

Call 911 immediately



## 4 GIVE ABDOMINAL THRUSTS (HEIMLICH MANEUVER)

Stand behind the person

Wrap your arms around their waist

Make a fist, place it just above the belly button

Grasp the fist with your other hand

Give quick, inward and upward thrusts



## 5 REPEAT THRUSTS

Continue abdominal thrusts until the object is expelled or the person becomes unresponsive



## 6 IF UNRESPONSIVE, START CPR

Lower them gently to the ground  
Call 911 if not already done

Begin CPR (30 compressions, 2 breaths)