

FIRST AID FOR FOOD CHOKING



AFTER CHECKING THE SCENE FOR SAFETY AND THE INJURED OR ILL PERSON, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT. FOR CHILDREN AND INFANTS, GET CONSENT FROM THE PARENT OR GUARDIAN, IF PRESENT.

1

GIVE 5 BACK BLOWS

BACK BLOWS: STAND BEHIND THE VICTIM AND PLACE ARM ACROSS THEIR CHEST FOR SUPPORT; BEND THE VICTIM SLIGHTLY AT THE WAIST; FIRMLY STRIKE THE VICTIM BETWEEN SHOULDER BLADES WITH THE HEEL OF YOUR HAND.

Adult



Child



Infant

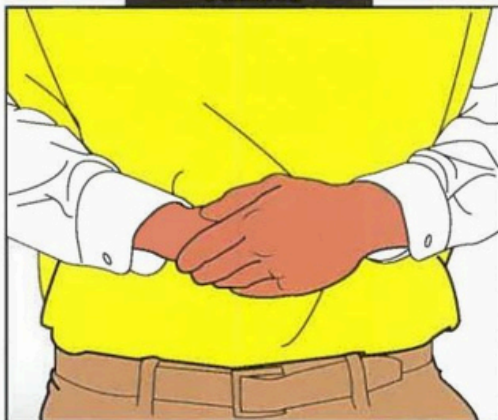


2

GIVE 5 ABDOMINAL THRUSTS

ABDOMINAL THRUSTS: STAND BEHIND THE VICTIM AND WRAP YOUR ARMS AROUND THE VICTIM'S WAIST; PLACE YOUR FIST THUMB-SIDE IN AGAINST VICTIM'S ABDOMEN BELOW RIB CAGE, SLIGHTLY ABOVE THE NAVEL; GRASP YOUR FIST WITH THE OTHER HAND; PRESS YOUR FIST FORCEFULLY WITH QUICK UPWARD THRUST INTO THE VICTIM'S ABDOMEN.

Adult



Child



Infant



TIP: For infants, support the head and neck securely. Keep the head lower than the chest. Use two fingers in center of chest for thrusts.

3

REPEAT STEPS 1 & 2 UNTIL THE:

- OBJECT IS FORCED OUT.
- PERSON CAN COUGH FORCEFULLY OR BREATHE.
- PERSON BECOMES UNCONSCIOUS.

4

WHAT TO DO NEXT:

- IF PERSON BECOMES UNCONSCIOUS, CAREFULLY LOWER THE PERSON TO THE GROUND AND GIVE CARE FOR UNCONSCIOUS CHOKING, BEGINNING WITH LOOKING FOR AN OBJECT.
- MAKE SURE 9-1-1 HAS BEEN CALLED.