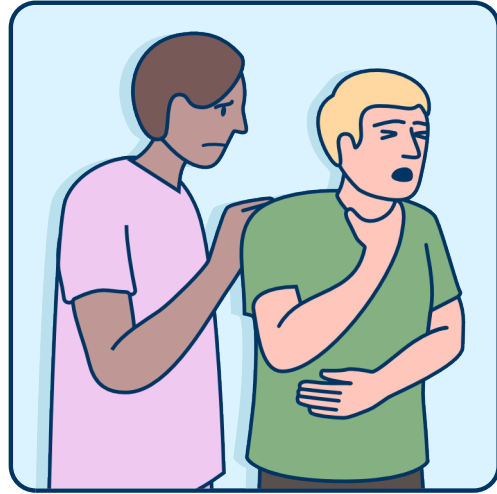


Choking

Person cannot cough,
breathe, speak, or cry

1



Check the Person

Check that the scene is safe.

"Are you choking? Can I help?"

2



Call 911

If the person cannot cough,
breathe, speak, or cry, send
someone to call 911.

If you're alone, begin abdominal
thrusts before calling 911.

ADULT OR CHILD

3



Stand Behind Person

Place one foot in between the person's feet
and your other foot behind you. You may
kneel for a child.

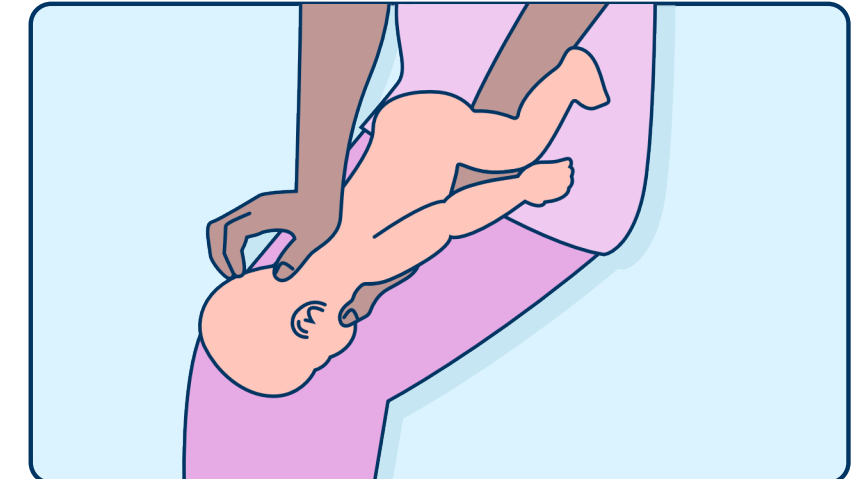
PREGNANT WOMAN



Stand Behind Person

Place one foot in between the person's
feet and your other foot behind you.

INFANT UNDER 1 YR OLD



5 Back Blows

Support the infant's face and place body
on your forearm. Keep the infant's head
lower than the feet. Administer 5 back
blows between the shoulder blades with
the heel of your hand.

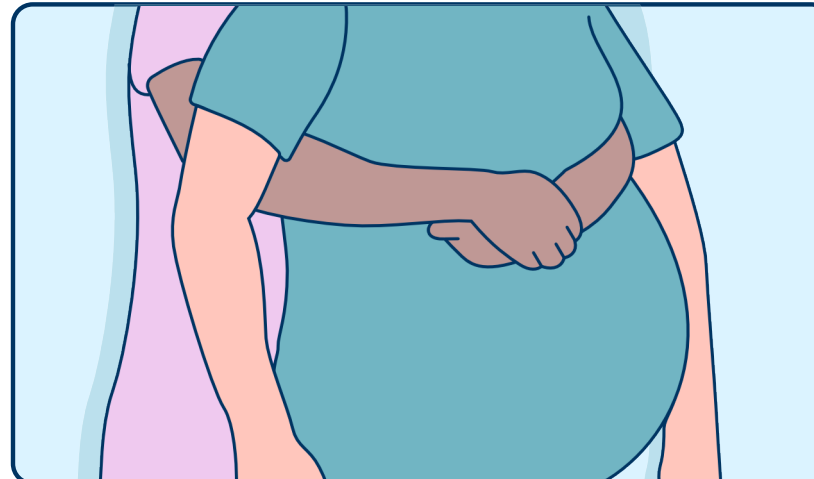
4



Abdominal Thrusts

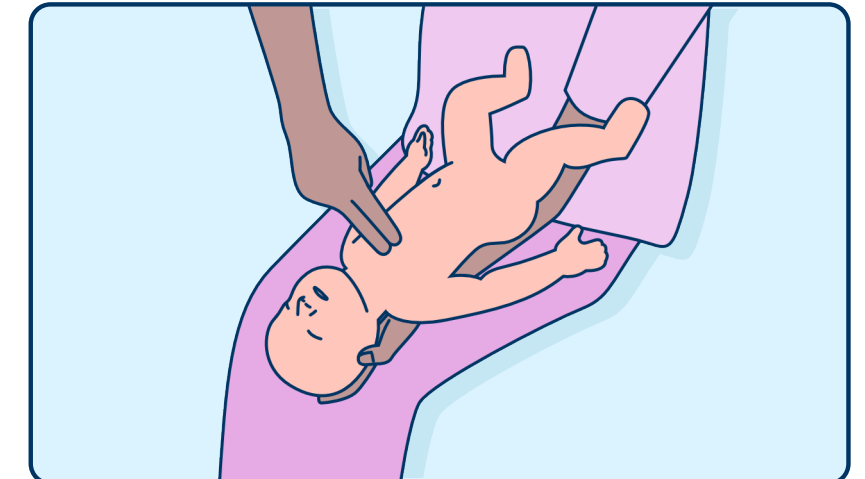
Place the flat side of your fist just above the
belly button. Grab the back of your fist with
your other hand.

Administer abdominal thrusts, pulling
inward and upward, until the object comes
out or the patient becomes unconscious.



Chest Thrusts

Apply chest thrusts instead of abdominal
thrusts, until the object comes out or the
person becomes unconscious.



5 Chest Thrusts

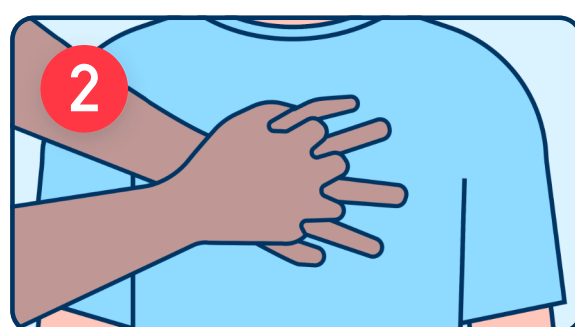
Support the infant's head. Turn the baby over
onto your other forearm. Give 5 chest thrusts.

Continue back blows and chest thrusts until
object comes out or infant is unconscious.

If Person is Unconscious



Lower person to the floor.



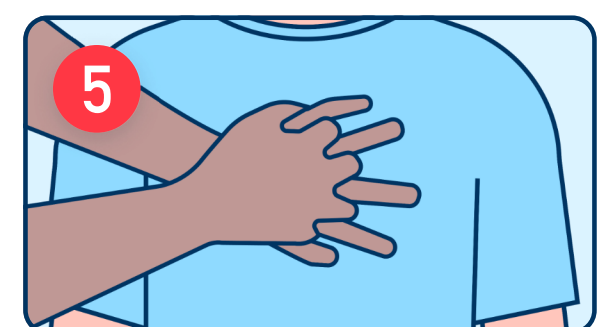
30 chest compressions.



Open airway and check for
objects. If you see one, sweep out
using hooking motion with finger.



Give 2 rescue breaths.
Reposition the head if breaths
don't go in.



Continue CPR.

