

# Emergency Care for **CHOKING**

**Emergency Phone Number**

911

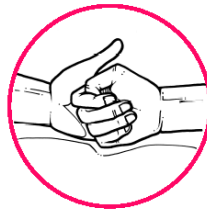
## **CONSCIOUS VICTIM**

**If victim CAN breathe,  
cough or speak—  
DO NOT INTERFERE.**

**If victim CANNOT breathe,  
cough or speak—  
give quick upward thrusts  
(grip above waist but below ribs).**



(Avoid pressing on the bottom of the breastbone.)



**Hold fist  
with thumb  
tucked in.**

**With thumb side  
inward, use  
other hand to  
give an in and  
upward thrust.**



**Repeat thrust steps until effective or until victim becomes UNCONSCIOUS.**

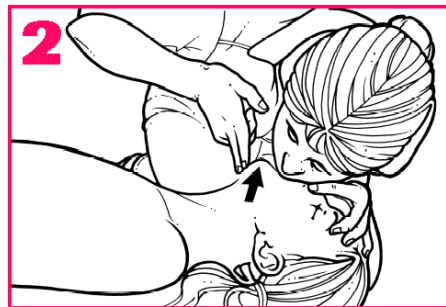
## **UNCONSCIOUS VICTIM**

Phone 911 or other emergency response number or send someone to call.



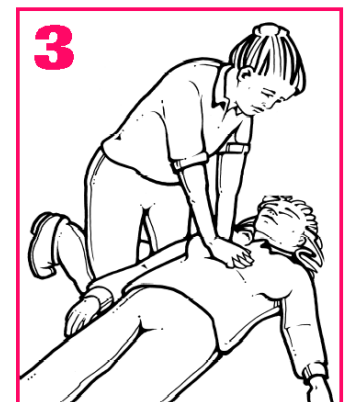
**1**  
Open the airway.  
Look for foreign object.  
**IF** one is seen, remove it  
(head tilt, chin lift).  
Start CPR.

Return to the victim.



**2**  
Attempt two breaths.

**Repeat steps 1, 2 and 3 until  
victim starts breathing or  
until emergency/medical help arrives.**



**3**  
Do 30 chest compressions  
(Place heel of one hand on  
center of breastbone and  
heel of second hand on  
first hand).

- Have someone call for an ambulance, rescue squad or EMS.
  - **DO NOT PRACTICE ON PEOPLE.** Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
  - Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
  - For CPR training information, call your local American Heart Association or American Red Cross chapter.
  - For children 1 to 8 years of age, use one hand for chest compressions and one breath.
- Standards from the American Heart Association