

FIRST AID FOR CHOKING

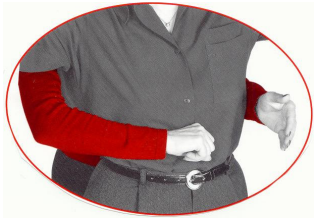


You must act if there are any signs that a person can't speak, breathe or cough.

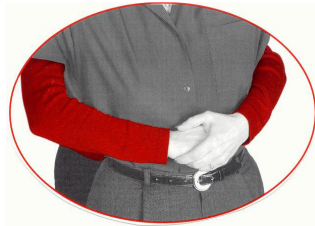
SIGNS

- Universal choking sign
- Person cannot breathe, cough or speak
- Lips and finger nails may become blue

Ask, "Are you choking?" If the person gestures yes, stand behind the person, wrapping your arms around the person's waist.



Make a fist with one hand



Hold it with the other hand the person's abdomen

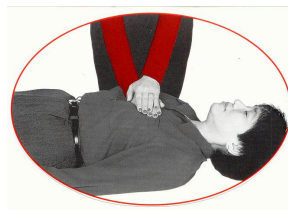


between the navel and the lower end of the breast bone

Provide quick, upward and inward abdominal thrusts (Heimlich maneuver) until the food or object is forced out.

If the person becomes unresponsive,

- Call 911 or local EMS
Telephone _____
- Return to the person
- Lay the person flat on his or her back
- Open his or her mouth
- Remove the object if you see it



If the object is not seen:

- Tilt his or her head back
- Begin CPR
- Look for the object each time you open the airway



Continue rescue breaths and chest compressions until rescue personnel arrive