

# CONSCIOUS CHOKING

Cannot Cough, Speak, Cry or Breathe

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

■ **Adult:**



■ **Child:**



■ **Infant:**



## 2 GIVE 5 ABDOMINAL THRUSTS

■ **Adult:**



■ **Child:**



■ **Infant:** (chest thrusts for infant)



**TIP:** For infants, support the head and neck securely. Keep the head lower than the chest.

## 3 REPEAT STEPS 1 AND 2 UNTIL THE:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.

### 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.



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### Heimlich Maneuver



1. Lean the person forward slightly and stand behind him or her.



2. Make a fist with one hand.



3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



4. Make a quick, hard movement inward and upward.

Place the infant stomach-down across your forearm and give five thumps on the infant's back with heel of your hand



ADAM



Place fist above navel while grasping fist with other hand. Leaning over a chair or counter-top, drive your fist towards yourself with an upward thrust

ADAM