

FIRST AID FOR FOOD CHOKING



IF VICTIM CANNOT SPEAK OR COUGH, CALL 911!

Step 1: GIVE 5 BACK BLOWS

- (1) Stand behind the victim and place arm across their waist for support.
- (2) Bend the victim slightly at the waist.
- (3) Firmly strike the victim between the shoulder blades with the heel of your hand.



Step 2: GIVE 5 ABDOMINAL THRUSTS

- (1) Stand behind the victim and wrap your arms around the victim's waist.
- (2) Place your fist thumb-side in against victim's abdomen, below rib cage, slightly above the navel.
- (3) Grasp your fist with other hand.
- (4) Press your fist forcefully with quick upward thrust into the victim's abdomen.



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

For **pregnant women**, apply five standing chest compressions in place of five abdominal thrusts.

Step 3: REPEAT STEPS 1 + 2

Repeat the steps until the object is forced out, the person can cough forcefully or breathe, or becomes unconscious.



If the person becomes unconscious, begin CPR starting with chest compressions. Each time you open the airway, look in the airway and remove the object if you see it.