

# FIRST AID FOR CHOKING

## Information Guide



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

### Universal Signs of Choking



- Hands Clutching the Throat: A person grasping their throat.
- Wheezing or Difficulty Breathing/Talking: Indicating partial airway blockage.
- Inability to Talk or Cough: Suggesting complete obstruction.
- Change of Color in Hands or Face: Sign of reduced blood circulation.
- Loss of Consciousness: The most critical stage.

### What to Do When Someone is Choking

- Do Not Attempt to Dislodge - Encourage Coughing.
- If no air is escaping, perform Abdominal Thrusts:

### Performing Abdominal Thrusts

- 1 Stand behind the person, and reach around their waist.
- 2 Position one clenched fist above the navel (belly button) and below the rib cage.
- 3 Grasp your fist with your other hand.
- 4 Repeatedly pull the clenched fist sharply and directly backward and upward under the rib cage.



- 5 Continue thrusts without stopping until the obstruction is relieved, the person becomes unconscious, or advanced life support is available.

**Note:** For obese individuals or late pregnancies, use chest thrusts.

### How to Prevent Choking

- Cut food into small pieces.
- Chew food slowly and thoroughly.
- Avoid talking or laughing while eating.
- Don't drink excessive alcohol before meals.

### Choking Prevention for Children

- Keep small objects out of reach.
- Avoid certain foods for children under 4.
- Supervise mealtimes.
- Prevent older siblings from giving dangerous items.

*For informational purposes only. CPR1 recommends a CPR/AED/First Aid course for proper training and certification.*

**YOU MUST ACT IF THE PERSON BECOMES UNRESPONSIVE. CALL 911 OR LOCAL EMS.**