Adult Choking

Recognize a severe airway block
- Makes the choking sign
- Cannot breathe, cough, speak, or make sounds

Ask, “Are you choking?” If he nods yes, say “Can I help you?”

Give thrusts slightly above the belly button until
- Object is forced out
  - or
- Person can breathe and make sounds
  - or
- Person becomes unresponsive

If the person stops responding
- Shout for help
- Phone or have someone else phone 9-1-1 and get an AED. Put the phone on speaker mode so that you can talk to the dispatcher.
- Provide CPR if needed, starting with compressions.
- Look in the mouth. If you see an object in the mouth, take it out.
  - Give 2 breaths and then repeat 30 compressions.
- Continue CPR until
  - The person moves, speaks, blinks, or otherwise reacts
  - Someone with more advanced training arrives and takes over
**HeartSaver® Child Choking**

**Recognize Choking**
- Makes the choking sign
- Cannot breathe, cough, speak, or make sounds

Ask, “Are you choking?” If she nods yes, tell her you are going to help

**Give thrusts slightly above the belly button until**
- Object is forced out
- Child can breathe and make sounds
- Child stops responding

**If the child stops responding**
- Yell for help
- Check breathing

Give sets of 30 compressions and 2 breaths, checking the mouth for objects after each set of compressions (remove object if seen)

- After 5 sets, phone 911 and get an AED
- Then continue CPR until the child starts to respond or EMS takes over