



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 other wise 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*
or
- *Child can breathe and make sounds*
or
- *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*

