

# 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.**