



# FIRST AID FOR CHOKING

Shine365  
Marshfield Clinic

Perform these rescue movements if someone is choking:  
**Abdominal thrusts** (for adults and children) **Chest thrusts & Back blows** (for infants)

## IF PERSON IS CONSCIOUS

If the choking person can cough, encourage him to keep coughing to clear his airway. Perform rescue movements immediately if the choking person can't **breathe, cough, cry or speak**, and ask another person to call 911. Never leave someone alone while they are choking.

Stand or kneel behind the person who is choking. Place one foot or knee between his feet and wrap your arms around his waist. Make a fist with one hand and place it above the navel. Wrap your other hand around your fist. Have the person lean forward while you thrust upward and inward 6-10 times.



## IF PERSON IS UNABLE TO STAND OR LOSES CONSCIOUSNESS

If the person can't stand without assistance, have him lie face up on the floor. Perform abdominal thrusts while kneeling beside the person's waist.

If the choking person is pregnant or has a large belly, move your hand position above the belly and below the breastbone to perform abdominal thrusts.

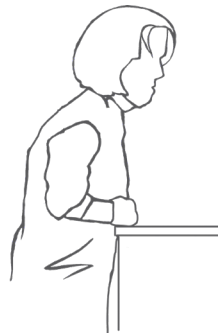
## IF PERSON IS YOUNGER THAN ONE YEAR

Sit or kneel and extend your forearm over your thigh for support. Place the child's belly against your forearm and support his head with your palm. Use the heel of your other hand to give 5 blows between the shoulder blades.

Perform chest thrusts if the child is still choking. Turn the child face up with his back against your forearm and the back of his head in your palm. Place two fingers just below the child's breastbone. Give 5 inward and upward thrusts about 1.5 inches deep.



Call 911 after one round of rescue movements if no one has done so and the person is still choking. Then continue rescue movements until the person stops choking or help arrives. Start CPR if the person loses consciousness and is not breathing.



## IF YOU FIND YOURSELF CHOKING

Call 911 first, even if you can't speak. Place your hand and fist above your navel and bend over a hard surface like a countertop or the back of a chair. Thrust your fist and belly into the hard surface.

Visit [shine365.marshfieldclinic.org](http://shine365.marshfieldclinic.org) to learn more or [youtube.com/marshfieldclinic](http://youtube.com/marshfieldclinic) to view more videos.