

Heartsaver[®] Adult Choking



Recognize choking

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

Ask, "Are you choking?" If he nods yes, tell him you are going to help



Give thrusts slightly above the belly button until

- *Object is forced out*
or
- *Person can breathe and make sounds*
or
- *Person stops responding*



If the person 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 person starts to respond or EMS takes over*

