

FIRST AID FOR CHOKING

You must act if there are any signs that a person can't speak, breathe or cough.

SIGNS: Universal choking sign

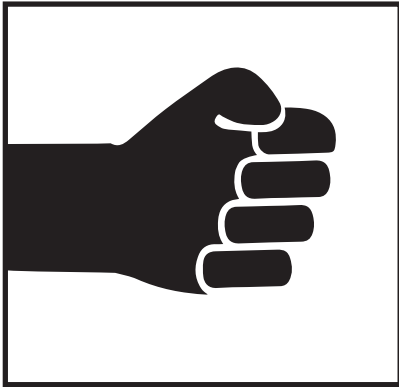
Person cannot breathe, cough or speak

Person makes high pitched sounds when breathing

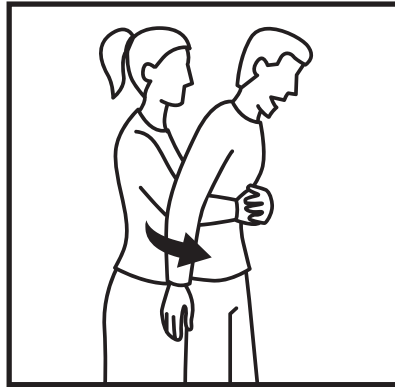
Lips and finger nails may become blue

ASK: "Are you choking?"

If the person gestures yes, stand behind the person wrapping your arms around the person's waist.



Make a fist with one hand.



Put your arms around the person and connect fist with other hand between the navel and lower end of breast bone



Provide quick, upward and inward abdominal thrusts (Heimlich maneuver) until the food obstacle is forced out.

If the person becomes unresponsive:

Call 999

Return to the person
Lay them on their back
Open their mouth
Remove any obstacles

If the object is not seen:

- Tilt their head back
- Begin CPR
- Look for object each time you open the airway

Continue rescue breaths and chest compressions until rescue personnel arrive