

# First Aid For Food Choking

## Emergency Procedures for Adult Victims



**1** Victim can not speak or breathe



**2** Victim turns blue



**3** Victim collapses



Rescuer must act quickly . . . this condition is life threatening. Emergency help should be contacted immediately.

### VICTIM-STANDING OR SITTING

- Stand behind victim and wrap your arms around victim's waist
- Place fist thumb-side in against victim's abdomen below rib cage, slightly above navel
- Grasp your fist with other hand
- Press your fist forcefully with quick upward thrust into victim's abdomen
- Continue the thrusts until the object is expelled or the victim becomes unresponsive. If the victim becomes unresponsive, phone 911. Then attempt CPR. Each time you open the airway to provide rescue breaths during the CPR attempt, look in the airway — if you see an object, remove it.



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