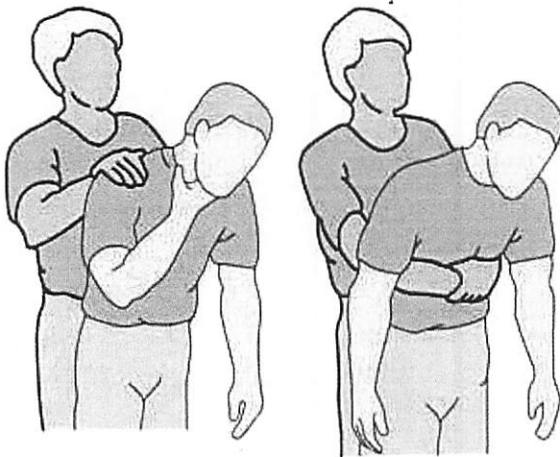




## First Aid

# Choking

Choking occurs when a foreign object is lodged in the throat or windpipe, blocking the flow of air. In adults, a piece of food is often the culprit. Young children often swallow small objects.



### Perform Heimlich Maneuver (Abdominal Thrusts)

- Stand behind the person. Wrap your arms around the waist. Tip the person forward slightly.
- Make a fist with one hand. Position it slightly above the person's navel.
- Grasp the fist with the other hand. Press hard into the abdomen with a quick, upward thrust—as if trying to lift the person up.
- Perform a total of 5 abdominal thrusts, if needed. If the blockage still is not dislodged, repeat the five-and-five cycle.

### For a choking infant younger than age 1, perform the following:

- Assume a seated position and hold the infant facedown on your forearm, which rests on your thigh.
- Thump the infant gently but firmly 5 times on the middle of the back using the heel of your hand. The combination of gravity and the back blows should release the blocking object.
- Hold the infant faceup on your forearm with the head lower than the trunk if the above does not work. Using two fingers placed at the center of the infant's breastbone, give 5 quick chest compressions.
- Repeat the back blows and chest thrusts if breathing does not resume. Call for emergency medical help.
- Begin infant CPR if one of these techniques opens the airway but the infant does not resume breathing.



### Reference

Mayo Foundation for Medical Education and Research (MFMER). (2011). Choking: First Aid. Retrieved from <http://www.mayoclinic.com/print/first-aid-choking/FA00025/METHOD=print>.

### Images from:

- [http://www.health24.com/medical/Condition\\_centres/777-792-2557-2560,50041.asp](http://www.health24.com/medical/Condition_centres/777-792-2557-2560,50041.asp)
- <http://www.mommyspage.com/2012/05/what-to-do-if-your-child-is-choking/>