

CHOKING PROTOCOL

For Those Over the Age of One

Step 1

Stand behind the person who is choking.

Step 2

Make a fist with one hand.

Step 3

Place your fist on the person's abdomen, thumb side in, slightly above the belly button and well below the breastbone.

Step 4

Grasp your fist with your other hand.

Step 5

Deliver quick upward thrusts into the person's abdomen.

Step 6

Deliver thrusts until they expel the object, or the victim becomes unresponsive.

Step 7

If the person becomes unresponsive while you are doing abdominal thrusts, you should ease them to the floor and send someone to activate your emergency response system.

Step 8

If they become unresponsive, begin the steps of CPR, starting with compressions. The only difference is that each time you open the mouth, look for a foreign body and remove it if found.

