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.