

CHOKING

▶ UNIVERSAL SIGN OF CHOKING

FYI: The Choking Sign

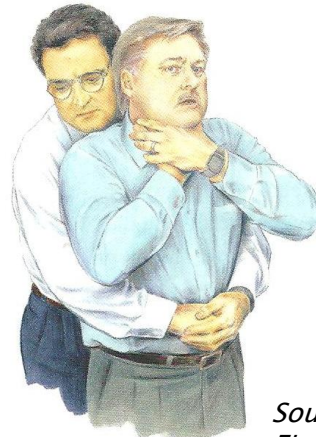
If someone is choking, he might use the choking sign (holding the neck with one or both hands) (Figure 14).

Figure 14. The choking sign. The victim holds his neck with one or both hands.



CHOKING

- ▶ Ask person if they can speak
- ▶ If unable to speak, proceed with Heimlich maneuver
 - Make a fist with one hand
 - Put the thumb side of your fist slightly above belly button and well below the breastbone
 - Grasp the fist with your other hand and give quick upward thrusts into abdomen
 - Give thrusts until the object is forced out and the victim can breathe, cough, or talk or until he stops responding



Source: American Heart Association. Heartsaver First Aid with CPR & AED

CHOKING – HEIMLICH MANEUVER



CHOKING – HEIMLICH MANEUVER

