

Choking



Universal sign

Airway is closing or obstructed

- Have the person stand up.
- Ask for permission (nodding of head)

BACK BLOWS AND ABDOMINAL THRUSTS:

Back Blows <i>(Only simulate striking the person while practicing this skill)</i>	Abdominal Thrusts <i>(Only simulate giving abdominal thrusts while practicing this skill.)</i>
<p>1. Position self to the side and slightly behind choking person.</p> <ul style="list-style-type: none">• For a small child, you may need to kneel behind them rather than stand.	<p>4. Find the person's navel with two fingers.</p> 
<p>2. Place one arm diagonally across person's chest and bend them forward at the waist.</p> <ul style="list-style-type: none">• The person's upper body should be as parallel to the ground as possible.	<p>5. Move behind the person and place your front foot in between the person's feet with your knees slightly bent to provide balance and stability.</p> <ul style="list-style-type: none">• For a young child, you may need to kneel behind them rather than stand. 
<p>3. Give 5 back blows.</p> <ul style="list-style-type: none">• Simulate* firmly striking the person to give 5 back blows between the shoulder blades with the heel of one hand.• Each of the back blows should be separate from the others. 	<p>6. Make a fist with your other hand and place your thumb side against the person's stomach, right above your fingers.</p> 
<p><small>*Practice only; in an emergency strike the person's back firmly.</small></p>	<p>7. Take your first hand and cover your fist with that hand.</p> <p>8. Give 5 abdominal thrusts.</p> <ul style="list-style-type: none">• Simulate* pulling inward and upward to give 5 abdominal thrusts.• Each of the abdominal thrusts should be separate from the others. 
	<p><small>*Practice only; in an emergency pull inward and upward to give an abdominal thrust.</small></p>