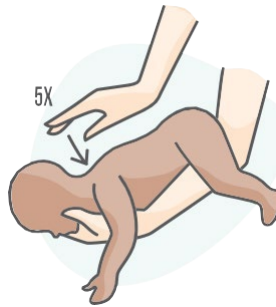


# CHOKING (CONSCIOUS VICTIM)

## Call EMS 9-1-1 after starting rescue efforts.

### INFANTS UNDER 1 YEAR

Begin the following if the infant is choking and is unable to breathe. However, if the infant is coughing or crying, do NOT do any of the following, but call EMS, try to calm the child and watch for worsening of symptoms. If cough becomes ineffective (loss of sound), begin step 1 below.



1. Position the infant, with head slightly lower than chest, face down on your arm and support the head (support jaw; do NOT compress throat).
2. Give up to five backslaps with the heel of hand between infant's shoulder blades.
3. If object is not coughed up, position infant face up on your forearm with head slightly lower than rest of body.
4. With two or three fingers, give up to five chest thrusts near center of breastbone, just below the nipple line, at the rate of about one per second.
5. REPEAT STEPS 1-5 UNTIL OBJECT IS COUGHED UP OR INFANT STARTS TO BREATHE OR BECOMES UNCONSCIOUS.
6. If infant becomes unconscious, call EMS (if not already called).



**If infant becomes unconscious, call EMS (if not already called).**

### CHILDREN OVER 1 YEAR OF AGE and ADULTS

Begin the following if the victim is choking and unable to breathe. Ask the victim: "Are you choking?" If the victim nods yes or can't respond, help is needed. However, if the victim is coughing, crying or speaking, do NOT do any of the following, but call EMS, try to calm him/her and watch for worsening of symptoms. If cough becomes ineffective (loss of sound) and victim cannot speak, begin step 1 below.



1. Stand or kneel behind the adult or child and wrap your arms around the victim's waist.
2. Place thumb side of fist against middle of abdomen just above the navel. (Do **NOT** place your hand over the very bottom of the breastbone. Grasp fist with other hand).
3. Give up to five quick inward and upward abdominal thrusts.
4. REPEAT STEPS 1-2 UNTIL OBJECT IS COUGHED UP AND THE VICTIM STARTS TO BREATHE OR BECOMES UNCONSCIOUS.

**IF CHILD OR ADULT BECOMES UNCONSCIOUS, PLACE ON BACK AND BEGIN THE STEPS OF CPR.**

### FOR OBESE OR PREGNANT PERSONS:

Stand behind person and place your arms under the armpits to encircle the chest. Press with quick backward thrusts.