

Choking Relief in an Airway Abstruction

Choking is when food or another object gets stuck in the airway, in the throat. The object can block the airway and stop air from getting into the lungs.

What you will see



- Person cannot breathe or
- Person has a cough that has no sound or
- Person cannot talk or make a sound or
- Person makes the choking sign

Severe Airway block in an adult & child steps to take:

Abdominal Thrust

- Stand firmly behind the person
- Wrap your arms around the person's waist so that your fists are in front
- Make a fist with one hand
- Put the thumb side of your fist slightly above the navel and well above the breastbone
- Grasp the fist with your other hand and give quick upward thrusts into the abdomen
- Give thrusts until the object is forced out and the person can breathe, cough or speak or until the person becomes unresponsive.



Severe Airway block in a pregnant woman or larger person steps to take:

- If you can't wrap your arms fully around the waist, give thrust on the chest instead of the abdomen.
- Put your arms under the armpits and your hands on the lower half of the breastbone.
- Pull straight back to give chest thrusts.



Severe Airway block in an infant steps to take:

- Hold the infant facedown on your forearm, supporting head & jaw with your hand.
- With heel of your other hand, give 5 back slaps between the infant's shoulder blades.
- Turn infant over, supporting the head.
- Give 5 chest thrusts, using 2 fingers push in the center of the chest, just below the nipple line.
- Repeat giving 5 back slaps, 5 chest thrusts until the infant can breathe, cough, cry or until they become unresponsive.



Help a choking person who becomes unresponsive

If you can't remove the object, the person will become unresponsive.

- Call for help and start CPR.
- After 30 compressions, open the airway by tilting the head back.
- Look in the mouth, if you see the object, take it out.
- DO NOT PERFORM A BLIND FINGER SWEEP.
- Give 2 breaths and continue compressions until help arrives.