

Choking: Clearing the Airway

1. Confirm the person is choking with a severely blocked airway. ▪ They are unable to speak, cry or cough or are making only high-pitched noises. NOTE: If the person can speak, cry or cough forcefully, they are getting enough air. Encourage them to keep coughing and stay with them.	
2. Call 9-1-1. ▪ Or, tell someone to call and get an AED and first aid kit (if available). NOTE: This is a Care First situation. Do not delay care to look for a phone.	
3. Give 5 back blows. ▪ Stand to the side and slightly behind the person. ▪ Bend them forward. ▪ Strike them between the shoulder blades.	
4. Give 5 abdominal thrusts. ▪ Stand behind them with one foot between their feet and bend your knees slightly. ▪ Place a fist above their belly button and cover it with your other hand. ▪ Pull inward and upward. NOTE: Use chest thrusts if the person is pregnant, too large to wrap your arms around or in a wheelchair that prevents abdominal thrusts.	

Choking: Clearing the Airway (Continued)

5. Continue sets of 5 back blows and 5 abdominal thrusts until: ▪ They can cough forcefully, speak, cry or breathe. ▪ They become unresponsive.	 A woman in a purple long-sleeved shirt is bent over, and another woman in a black and white striped shirt is performing back blows on her back. They are in a modern office or cafe setting with tables and chairs.
6. If they become unresponsive, begin CPR. ▪ After each set of compressions and before attempting breaths, open their mouth and look for an object. ▪ If seen, remove the object with a finger sweep. Never do a finger sweep unless you see the object.	 A woman in a black and white striped shirt is performing CPR on a person lying on the floor. She is wearing blue gloves and is positioned over the person's chest. The person is wearing a purple long-sleeved shirt and grey pants.
7. Continue CPR and using an AED until: ▪ You notice an obvious sign of life, such as breathing. ▪ Other responders arrive to relieve you. ▪ You are too exhausted to continue. ▪ The situation becomes unsafe.	 A woman in a black and white striped shirt is performing CPR on a person lying on the floor. Another woman in a blue jacket is standing nearby, holding a red AED. The person being treated is wearing a purple long-sleeved shirt and grey pants.