

Adult Choking: The Signs

- Grabbing at the throat
- The person is turning red or blue
- Not being able to cough or speak
- May be making a whistling or wheezing sound



Adult Choking: Conscious

- Ask the person, “Are you choking?” then say “I am going to help you”
- Stand behind them with your head to the side.
- Wrap your arms around the choking person.
- Make a fist with one of your hands. Place the thumb side of your fist above the person’s belly-button.
- Put your other hand over your fist. Press your fist into the person’s abdomen with a quick inward and upward thrust.
- Repeat until...
 - The object comes out or the person goes unconscious.



Adult Choking: Unconscious

- Lay them down on a hard flat surface
- Tap and see if they respond
- Look at the chest for 5 – 10 seconds
- Call 911 and start CPR
- Continue until someone takes over for you or an AED becomes available
- There are no blind finger sweeps