

ADULT CHOKING RESPONSE STEPS

A simple step-by-step guide to help a choking adult.

1 ASK "ARE YOU CHOKING?"

If the person can answer, cough, or speak:

- ✓ Encourage coughing
- ✓ Stay with the person
- ✓ Monitor closely



2 CHECK

Can the person:

- ✓ Speak?
- ✓ Cough?
- ✓ Breathe?

IF YES

MILD CHOKING



Encourage coughing.
Do not interfere unnecessarily.
Stay with the person.

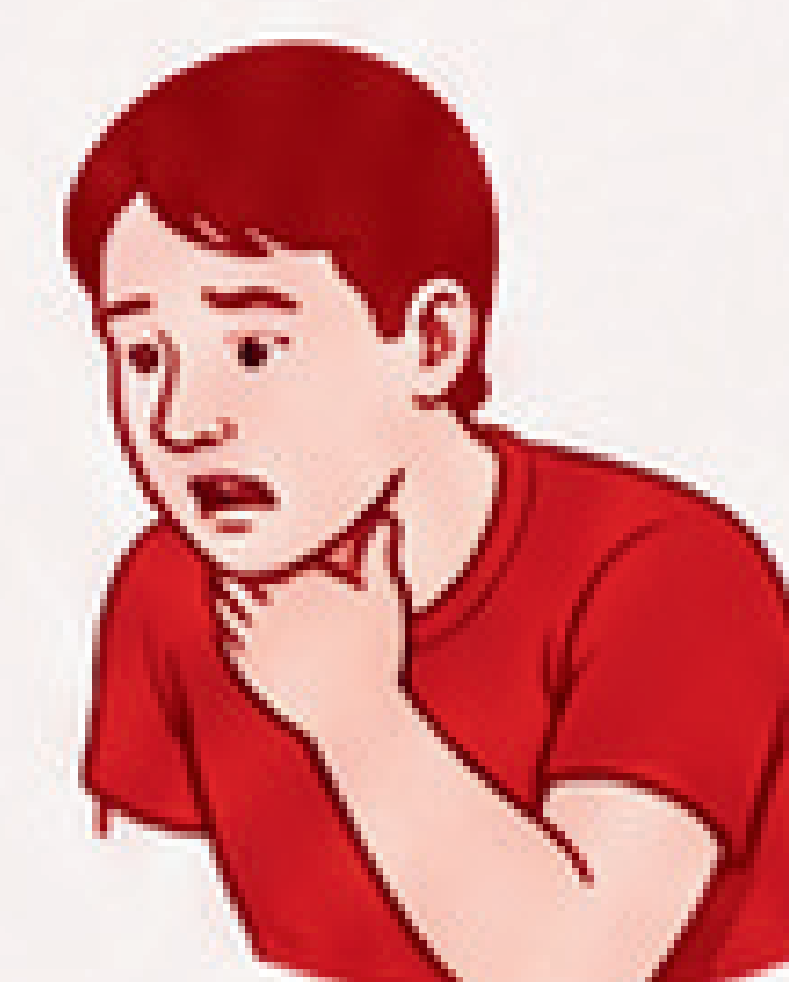
IF NO

SEVERE CHOKING

The person cannot:

- ✗ Speak
- ✗ Cough effectively
- ✗ Breathe

Act immediately.



3 CALL FOR HELP

Call your local emergency services.

If other people are nearby:

- Ask someone to call emergency services.
- ✗ Ask someone to bring a first aid kit if available.



4 GIVE 5 BACK BLOWS

Stand slightly behind the person.

Support the chest with one hand.

Give up to 5 firm back blows between the shoulder blades.

After each back blow:

- ✓ Check if the object comes out.



5 GIVE 5 ABDOMINAL THRUSTS

Stand behind the person.

Place your fist just above the belly button.

Grab your fist with the other hand.

Pull inward and upward.

Give up to 5 abdominal thrusts.

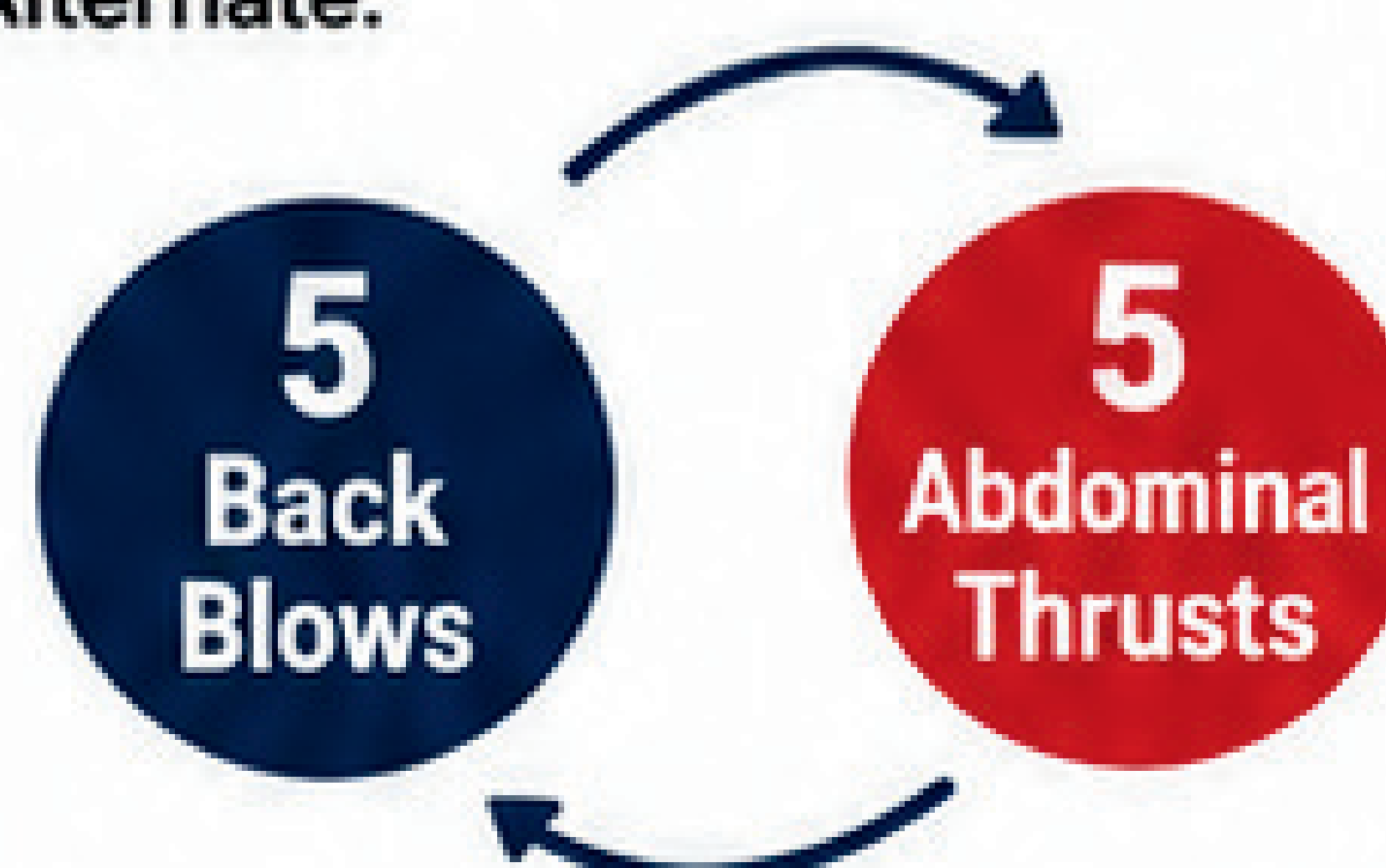
After each thrust:

- ✓ Check if the object comes out.



6 CONTINUE

Alternate:



Until:

- ✓ The object comes out
- ✓ The person begins breathing normally
- ✓ Emergency services arrive
- ✓ The person becomes unresponsive

7 IF THE PERSON BECOMES UNRESPONSIVE



Call emergency services if not already done.



Begin CPR.



Use an AED if available.



Follow AED instructions.



QUICK MEMORY TIP



CAN COUGH?
Encourage coughing.



CANNOT COUGH, SPEAK, OR BREATHE?
Act immediately.



Scan for more first aid resources and training.

