

First Aid For Food Choking

Emergency Procedures for Adult Victims



1 Victim can not speak or breathe

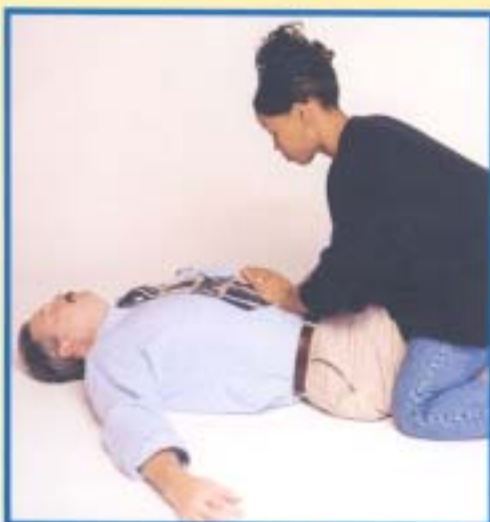


2 Victim turns blue



3 Victim collapses

Rescuer must act quickly . . . this condition is life threatening. Emergency help should be contacted immediately.



VICTIM-LYING FACE UP

- Kneel astride victim, face to face
- With one of your hands on top of the other, place heel of bottom hand on victim's abdomen below rib cage, slightly above navel
- With a quick upward thrust, press forcefully into victim's abdomen
- Repeat several times if necessary

VICTIM-STANDING OR SITTING

- Stand behind victim and wrap your arms around victim's waist
- Place fist thumb-side in against victim's abdomen below rib cage, slightly above navel
- Grasp your fist with other hand
- Press your fist forcefully with quick upward thrust into victim's abdomen
- Repeat several times if necessary



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