

# First Aid For a Choking Adult

*When someone is choking, you must act quickly. Follow these steps...*

## Find out if choking is the problem. The person may...

- clutch at the throat.
- have pale or bluish skin.
- nod yes if you ask "Are you choking?"
- be unconscious.
- be unable to speak or breathe.



## Do the Heimlich maneuver:

- Stand behind the person.
- Put your arms around the person's waist.
- Make a fist with one hand.
- Place your fist against the person's stomach, with your thumb just above the person's navel.
- Hold your fist tight with your other hand.
- Make quick, strong upward thrusts into the person's abdomen.
- Repeat this until the object or food is forced out of the person's throat.



**Learn the Heimlich  
maneuver now.  
You could save a life!**

## If the person is pregnant or obese:

- Put your arms around the person's *chest* instead of their waist.
- Place your fist on the middle of the person's breastbone between the nipples.
- Make quick and strong *backward* thrusts into their chest.

## To avoid injuries:

- Use only your hands. Don't squeeze with your arms.

## If the person is lying down:

- Turn the person face up.
- Kneel with your legs on each side of the victim.
- Do the upward thrusts from in front



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