ADULT CHOKING 9 YEARS AND OVER

CONSCIOUS CHOKING ADULT

1. Signs of choking
   Choking victim will have severe difficulty speaking, breathing, coughing, and may be clutching throat with both hands. Ask if he (or she) is choking. If able to speak or cough effectively, do not interfere. If choking persists, move to step two.

2. Back Blows
   Bend the victim forward at the waist and give five back blows between the shoulder blades with the heel of one hand.

3. Abdominal Thrust
   Place a fist with the thumb side against the middle of the victim's abdomen, just above the navel. Cover your fist with your other hand. Give five quick upward abdominal thrusts. Keep doing back blows and abdominal thrusts until object clears.

UNCONSCIOUS CHOKING ADULT

1. Begin chest compressions.
   If the victim stops breathing, place the heel of your hand in the middle of their chest. Put your other hand on top of the first with your fingers interlaced. Compress the chest at least 2 inches (4-5 cm). Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

2. Open the airway.
   Open the victim's airway using the head-tilt, chin-lift method. Pinch the victim's nose and make a seal over the victim's mouth with yours. Use a CPR mask if available.

   Give the victim a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 4.

4. Repeat chest compressions.
   Repeat chest compressions. Do 30 more chest compressions just like you did the first time. After five sets, phone 911 and get an AED. Then continue CPR (steps 3 & 4) until the person starts to respond or EMS takes over.

30 Compressions
1. **Attempt to wake the victim and call for help.**
   - If the victim is not breathing (or is just gasping for breath), call 911 immediately and go to step 2. If someone else is there to help, one of you call 911 while the other moves on to step 2.

2. **Begin chest compressions.**
   - If the victim is not breathing, place the heel of your hand in the middle of his chest. Put your other hand on top of the first with your fingers interlaced. Compress the chest at least 2 inches (4-5 cm). Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

3. **Open the airway.**
   - After 30 compressions, open the victim's airway using the head-tilt, chin-lift method. Pinch the victim's nose and make a seal over the victim's mouth with yours. Use a CPR mask if available.

4. **Begin rescue breaths.**
   - Give the victim a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 5.

5. **Repeat chest compressions.**
   - Repeat chest compressions. Do 30 more chest compressions just like you did the first time.

6. **Repeat rescue breaths.**
   - Repeat rescue breaths. Give more breaths just like you did in step 4 unless you're skipping the rescue breaths. Repeat steps 5 and 6 for about two minutes (about 5 cycles of 30 compressions and 2 rescue breaths).