Assisting a Choking Adult

Step 1.
Determine if the person can speak or cough. If not, proceed to the next step.

Step 2.
Perform an abdominal thrust (Heimlich Maneuver) repeatedly until the foreign body is expelled.

Step 3.
A chest thrust may be used for markedly obese persons or in late stages of pregnancy.

If the adult or child becomes unresponsive perform CPR. If you see an object in the throat or mouth, remove it.

Good web based program on treating a conscious choking adult or child
http://www.ehow.com/how_7159_treat-conscious-choking.html

Treating an unconscious choking adult or child
http://www.ehow.com/how_7163_treat-unconscious-choking.html

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