CHOKING

UNIVERSAL SIGN OF CHOKING

**FYI: The Choking Sign**

If someone is choking, he might use the choking sign (holding the neck with one or both hands) (Figure 14).

*Figure 14.* The choking sign. The victim holds his neck with one or both hands.

(Source: American Heart Association. Heartsaver First Aid with CPR & AED)
CHOKING

- Ask person if they can speak
- If unable to speak, proceed with Heimlich maneuver
  - Make a fist with one hand
  - Put the thumb side of your fist slightly above belly button and well below the breastbone
  - Grasp the fist with your other hand and give quick upward thrusts into abdomen
  - Give thrusts until the object is forced out and the victim can breathe, cough, or talk or until he stops responding

Source: American Heart Association. Heartsaver First Aid with CPR & AED
CHOKING – HEIMLICH MANEUVER

Source: Brady First Responder 6th Edition