



American Red Cross Steps for Choking Emergencies

Telephone Number

Check

- ✓ Check the scene for safety
- ✓ Check the victim for consciousness, breathing and signs of circulation

Call

- ✓ Dial 9-1-1 or local emergency number
- ✓ If alone and victim is under 8 years old, give 1 minute of care, then call 9-1-1

Care

- ✓ Care for conditions you find

INFANTS

Under 1 year

If conscious and choking...



Give 5 back blows



Then give 5 chest thrusts

Repeat back blows and chest thrusts until object comes out or victim becomes unconscious.

If infant becomes unconscious...



Look for and remove any foreign object seen in mouth



Give 1 rescue breath, if air does NOT go in



Give 5 chest compressions

If air does NOT go in, repeat steps 1, 2 and 3. If air DOES go in, give another breath then check for signs of circulation.

CHILDREN

1 to 8 years old

If conscious and choking...



Give abdominal thrusts until object comes out or victim is unconscious

If child becomes unconscious...



Look for and remove any foreign object seen in mouth



Give 1 rescue breath, if air does NOT go in



Give 5 chest compressions

If air does NOT go in, repeat steps 1, 2 and 3. If air DOES go in, give another breath, then check for signs of circulation.

ADULTS

If conscious and choking...



Give abdominal thrusts until object comes out or victim is unconscious

If adult becomes unconscious...



Look for and remove any foreign object seen in mouth



Give 2 rescue breaths, if air does NOT go in



Give 15 chest compressions

If air does NOT go in, repeat steps 1, 2 and 3. If air DOES go in, check for signs of circulation.

THE SKILLS TO SAVE A LIFE...

American Red Cross lifesaving training can give you the skills and confidence to safely act in an emergency.

Don't Delay—Get Trained!

First aid, CPR and automated external defibrillation (AED) training can mean the difference between life and death. For more information, contact your local American Red Cross chapter or visit www.redcross.org

This poster should not be used as a substitute for training. If you do not have a breathing barrier or disposable gloves available, do not delay care.



American Red Cross

Together, we can save a life