

CHOKING FIRST AID +

IF A PERSON IS CHOKING AND CAN'T BREATHE, COUGH, OR SPEAK, HAVE SOMEONE
CALL HATZALAH AT 410.358.0000 WHILE YOU PERFORM THE FOLLOWING STEPS:

FOR ADULTS & CHILDREN

USE ABDOMINAL THRUSTS *(also known as the Heimlich Maneuver)*



Stand behind the person, reach around their waist, and place your fist above their belly button.



Grasp your fist with your other hand.



Sharply and quickly pull your fists inward and upward until the object is dislodged.

IF THE PERSON IS OBESE OR PREGNANT, PLACE YOUR FISTS ON THE BREASTBONE INSTEAD AND PERFORM CHEST THRUSTS BY PULLING STRAIGHT INWARD.

IF YOU ARE CHOKING AND ALONE, THROW YOUR ABDOMINAL AREA OVER A RAILING, OR THE BACK OF A CHAIR OR COUCH. TRY TO KNOCK THE WIND OUT OF YOURSELF, UNTIL THE OBJECT IS DISLODGED.



FOR AN INFANT

1. Sit or kneel and hold the infant face down on your forearm. Give up to 5 back slaps using the heel of your hand, gently yet firmly, between the infant's shoulder blades.
2. If the object is not dislodged, turn the infant onto its back.
3. Perform up to 5 chest thrusts using two fingers to push on the infant's chest.
4. Repeat the sequence of 5 back slaps and 5 chest thrusts until the object is dislodged.



IF THE ITEM STILL DOES NOT DISLODGE AND THE CHOKING VICTIM BECOMES UNCONSCIOUS, PERFORM CPR.

LEGAL DISCLAIMER: This poster is for educational and informational purposes only. The author of this document and any related entities do not assume, and specifically disclaim, any and all liability with respect to any loss or damage to life or property caused by an omission in, or use or misuse of suggestions described here.

This initiative is dedicated in loving memory of HaRav Avraham Dov Schwartz, ז"ל.

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