

♥ Choking

Ask the person, “Are you choking?”. If the person is nodding and unable to speak, determine that he or she is choking and administer first aid immediately.

- ⊙ If others are around, have someone else call 119. Let the victim cough. If the victim cannot cough effectively, try the following two methods until either the object is completely gone or the victim becomes unconscious.
- ⊙ If the victim is able to cough, you are better off letting him or cough to remove the obstruction.

① Abdominal Thrusts (Heimlich Maneuver)

- ⊙ Get behind the victim and wrap your arms around his waist.
- ⊙ Take the underside of one fist and place it near the middle of the person’s abdomen, with the thumb-side against the abdomen, just above the navel and below the breastbone.
- ⊙ Grasp that fist in your other hand and give quick inward and upward thrusts.
- ✘ Do not perform abdominal thrusts to infants and pregnant women.



② Back Blows

- ⊙ Sit on your knee by the victim.
- ⊙ Take the heel of your hand and deliver forceful strikes between the victim’s shoulder blades.
- ✘ You may perform back blows to infants and pregnant women.
- ✘ If you are able to perform both methods to the victim, try either one first and if it is not effective, try the other one.



③ If the Victim is Unconscious

If the victim is unconscious or become unconscious during administering first aid, perform CPR immediately.