



Emergency Care for **CHOKING**

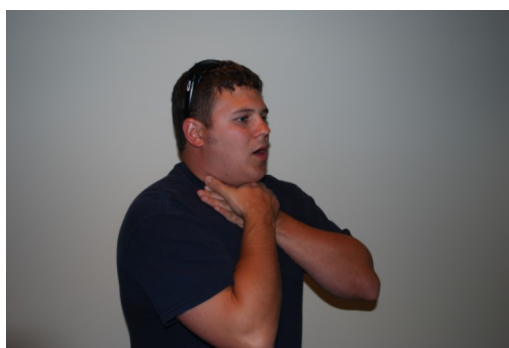
Emergency Phone Number 911

CONSCIOUS VICTIM

If victim **CAN** breathe,
cough or speak—
DO NOT INTERFERE.

If victim **CANNOT** breathe, cough or
speak— give quick upward thrusts
(grip above waist but below ribs)

(Avoid pressing on the bottom of the breastbone.)



Hold fist
with thumb
tucked in.

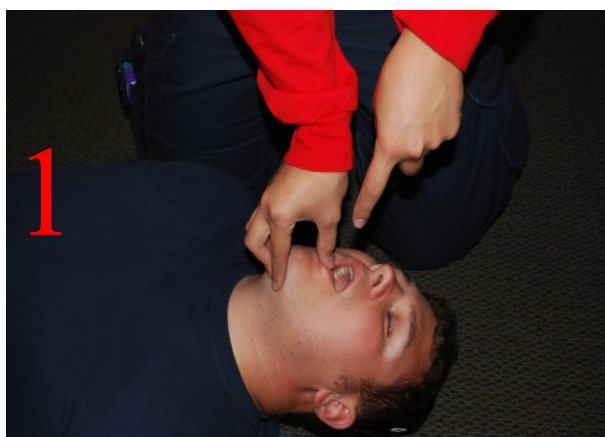
With thumb side in-
ward, use other
hand to give an in
and upward thrust.



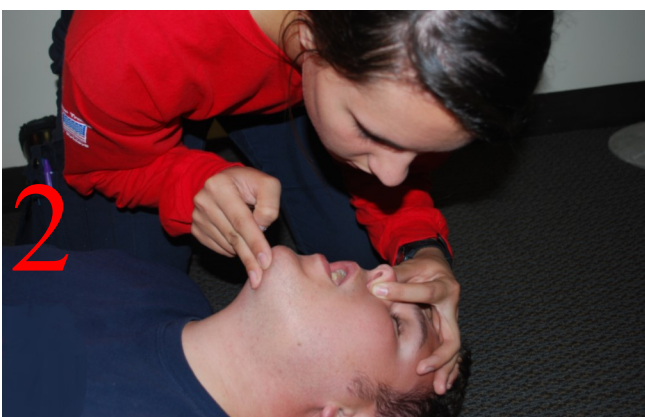
Repeat thrust steps until effective or until victim becomes **UNCONSCIOUS**.

UNCONSCIOUS VICTIM

Phone 911 or other emergency response number or send someone to call. Return to the victim.

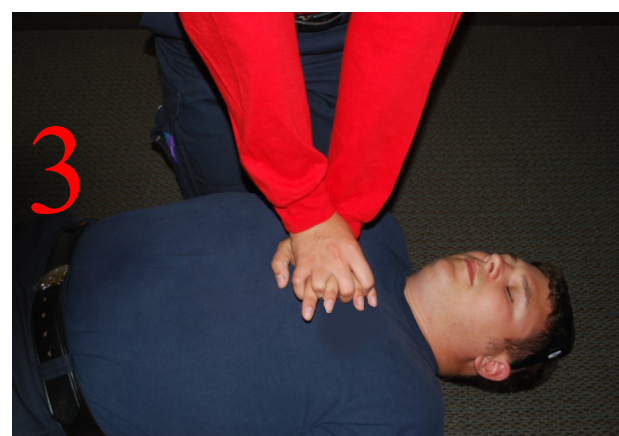


Open the airway.
Look for foreign object.
If one is seen, remove it
(head tilt, chin lift).
Start CPR.



Attempt two breaths.

**Repeat steps 1, 2, and 3 until
victim starts breathing or until
emergency / medical help arrives.**



Do 30 chest compressions
(Place the heel of one hand on
center of breastbone and heel
of second hand on first hand).



New Lenox Fire Protection District
261 E. Maple Street
New Lenox, IL 60451
NON—Emergency Phone (815) 463-4500
www.nlfire.com

- Have someone call for an ambulance, rescue squad or EMS
- **DO NOT PRACTICE ON PEOPLE.** Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
- Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
- For CPR training information, call New Lenox Fire Protection District (815) 463-4500.
- For children 1 to 8 years of age, use one hand for chest compressions.

Emergency Phone Number 911