**ADULT CHOKING**
Community Education Course

<table>
<thead>
<tr>
<th><strong>TALKING = BREATHING</strong></th>
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<tbody>
<tr>
<td><strong>CAN NOT TALK = CAN NOT BREATHE</strong></td>
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- LOOK IN MOUTH
- CLEAR IF LOOSE
- BEND AT WAIST
- GIVE 5 BACK BLOWS BETWEEN SHOULDER BLADES

- STAND BEHIND
- WRAP ARMS
- PLACE FIST JUST BELOW RIBS
- PULL UP AND IN SHARPLY
- USE FORCE
- LIFT THE PERSON OFF THEIR FEET