CHOKING

ADULT

Step 1:
Adult can’t speak or cough. Hands to the throat.

Step 2:
Place hands below rib cage and thrust upwards.

Note:
For pregnant or obese women, use a chest thrust.

CHILD

Step 1:
Child can’t speak or cough. Hands to the throat.

Step 2:
Place hands below rib cage and thrust upwards.

Note:
For obese children, a chest thrust is more suitable.

INFANT

Step 1:
Baby can’t speak, cough or cry.

Step 2:
Place baby on knee, support neck and give 5 back blows.

Step 3:
Lie baby on back, give 5 chest thrusts.