

# CONSCIOUS CHOKING

Cannot Cough, Speak, Cry or Breathe

After checking the scene for safety and the injured or ill person, have someone **CALL 9-1-1** and get consent. For children and infants, get consent from the parent or guardian, if present.

## 1 GIVE 5 BACK BLOWS

■ **Adult:**



■ **Child:**



■ **Infant:**



## 2 GIVE 5 ABDOMINAL THRUSTS

■ **Adult:**



■ **Child:**



■ **Infant:** (chest thrusts for infant)



**TIP:** For infants, support the head and neck securely. Keep the head lower than the chest.

## 3 REPEAT STEPS 1 AND 2 UNTIL THE:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.

## WHAT TO DO NEXT

- **IF PERSON BECOMES UNCONSCIOUS** — Carefully lower the person to the ground and give **CARE** for unconscious choking, beginning with looking for an object.
- Make sure **9-1-1** has been called.



**American  
Red Cross**