



# Don't Choke! Act Fast When Someone Is in Distress

**1** **Encourage coughing** when someone chokes. It helps expel the obstructing item.

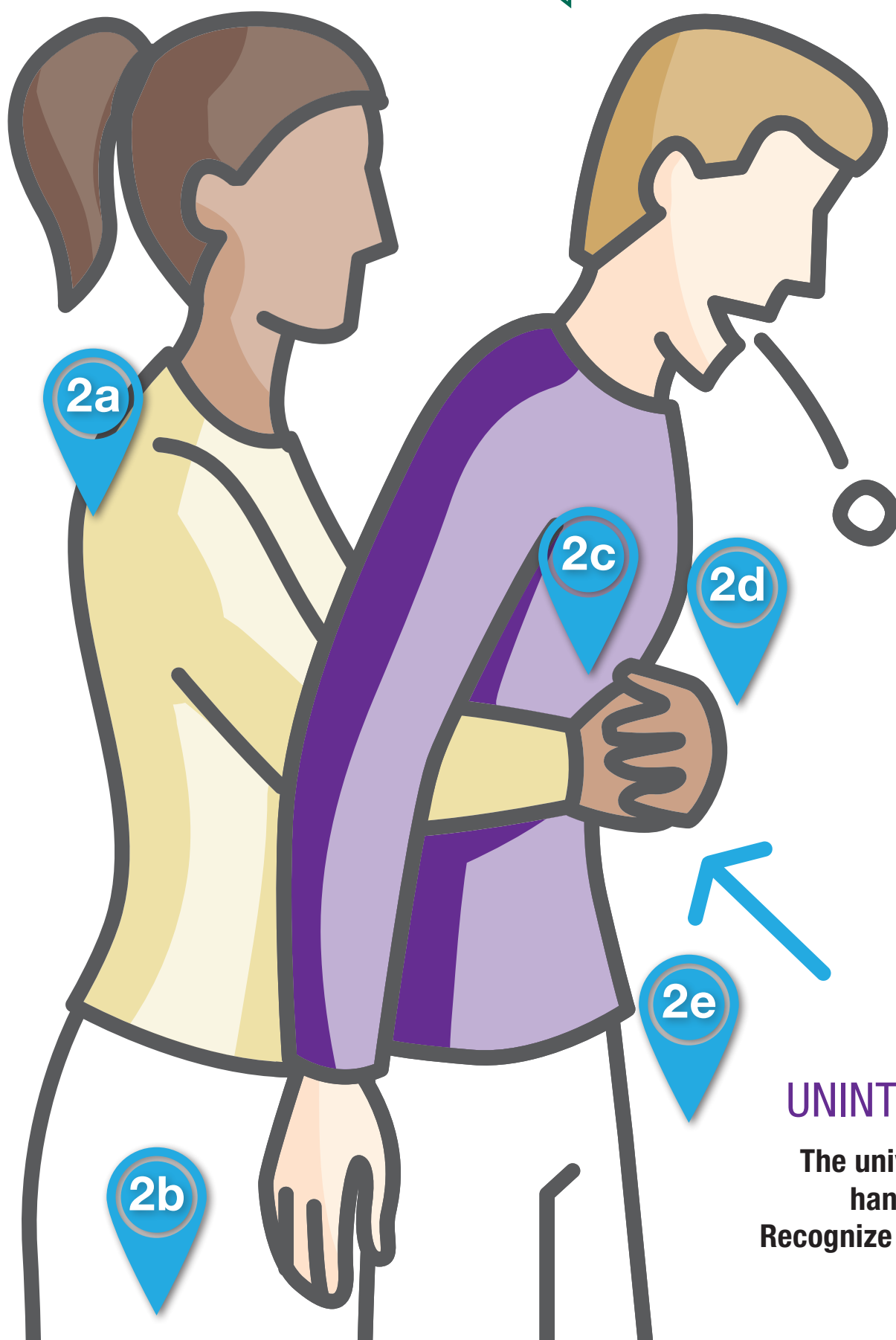
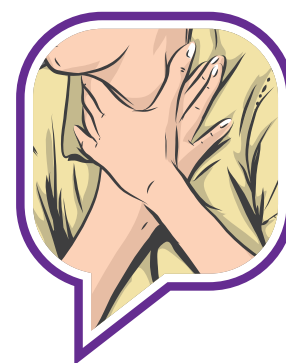
**2** **Ask: Are you OK? Can I help?** If they can't cough, speak or breathe, **perform abdominal thrusts:**

- a. **Stand behind** the victim
- b. **Place one foot forward** between the person's heels
- c. **Make a fist with one hand** and place it just above the navel
- d. **Place your other hand** on top of your fist
- e. **Give quick thrusts inward and upward** to clear the object

**3** **Call 9-1-1 and begin CPR immediately** if the victim becomes unresponsive.

**CHOKING IS THE #4 CAUSE OF UNINTENTIONAL DEATH.**

The universal sign for choking is hands clutched to the throat. Recognize the danger & act quickly. You could save a life.



For more information on this and other safety topics, please log on to the member-exclusive website at [nsc.org](http://nsc.org).

SOURCE: FIRST AID FOR CHOKING CHECKLIST