



# First Aid Choking QUIZ

**1. The first thing you should do if you are alone and start choking is:**

- a. Stick your finger down your throat to induce vomiting and expel the object
- b. Call 9-1-1
- c. Begin abdominal thrusts

**2. When you come upon a person you believe is choking the first thing you should do is:**

- a. Give quick repetitive blows to their back to dislodge the object
- b. Begin the Heimlich maneuver (abdominal thrusts) right away
- c. Ask the victim if they are choking

**3. The correct motion for abdominal thrusts is inward and upward.**

- a. True
- b. False

**4. Where do you position your hands to give abdominal thrusts to a responsive choking victim?**

- a. Just above the navel
- b. Just below the navel

**5. Which of the following are signs a victim is choking:**

- a. Inability to cough or breathe
- b. Inability to speak
- c. Pale or bluish in coloring around the mouth and nail beds
- d. A and B
- e. All the above