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