



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