

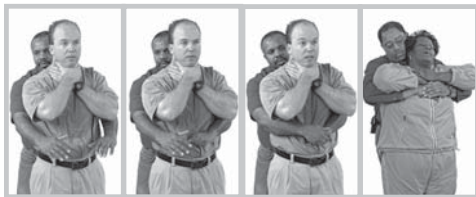


5-minute safety talk

Choking and CPR

Care for choking adults and children

1. Stand behind the victim with one leg forward between the victim's legs. Keep your head slightly to one side and reach around the abdomen.
2. Make a fist with one hand and grasp it with the other (thumb side into abdomen) just above the navel.
3. Thrust inward and upward into the abdomen with quick jerks. Continue until the victim expels the object or becomes unresponsive.
4. For a responsive pregnant victim, or any victim you cannot get your arms around, give chest thrusts.



When you see a responsive adult or child victim...

- Coughing, wheezing, having difficulty breathing
- Clutching at the throat
- Pale or bluish in coloring around mouth and nail beds

Do this first:

1. If coughing, encourage continued coughing to clear the object.
2. If not coughing, ask if the victim is choking or can speak. If not, get victim's consent and give abdominal thrusts.
3. If the victim becomes unresponsive, call, or have someone call 9-1-1. Then provide CPR, beginning with chest compressions. Check mouth for object before giving breaths.

Self-treating choking

If you are alone when choking, give yourself abdominal thrusts to try to expel the object. Lean over and push your abdomen against the back of a chair or other firm object.



Care for choking infants

If a choking infant can cry or cough, watch carefully to see if the object comes out. If the infant cannot cry or cough, follow the steps for back slaps and chest thrusts. If the infant becomes unresponsive, send someone to call 9-1-1, and give CPR. Check for an object in the mouth before you give a breath, and remove any object you see.

Choking in an infant

1. Support the infant's head in one hand, with the torso on your forearm and your thigh. Give up to 5 back slaps between the shoulder blades.
2. Check to see if the object has been expelled. If not, continue on.
3. With other hand on back of infant's head, roll the infant face up.
4. Give up to 5 chest thrusts with middle and ring fingers. Check mouth for expelled object.
5. Repeat steps 1-4, alternating back slaps and chest thrusts and checking the mouth. Continue until the object is expelled or the infant becomes unresponsive.
6. If the infant becomes unresponsive, call or have someone call 9-1-1, then give CPR. Check mouth for object before giving breaths.



Cardiopulmonary Resuscitation

CPR combines rescue breathing (to get oxygen into the victim's lungs) with chest compressions (to pump the oxygenated blood to vital organs). Give CPR to any victim who is not breathing or not breathing normally. CPR is also used for an unresponsive choking victim because the chest compressions can expel a foreign object from the victim's airway. The specific steps for CPR are the same for adults, children and infants.

It is important to learn and practice the skills for all age groups.

Techniques of CPR

CPR alternates giving chest compressions and rescue breaths. For a victim of any age, these are the general steps of CPR:

1. Find the correct hand position in the middle of the chest on the breastbone.
2. Compress the chest quickly and rhythmically at a rate of at least 100 compressions per minute for an adult, child or infant. Alternate chest compressions and rescue breaths.

CPR Essentials	Adults	Children	Infants
Compression	Heels of both hands	Heel of one or two hands	Two fingers
Chest Depth	At least 2 in	About 2 in depth of chest	About 1.5 in depth of chest
Compression to breaths	30 to 2	30 to 2	30 to 2

Hands-only CPR

If you are unable or unwilling to provide rescue breaths with compressions on an adult victim, perform "hands-only CPR" by compressing the chest continuously at a rate of at least 100 per minute. Compressions and breaths are preferred for children and infants requiring CPR.

Knowledge and training is power. Every minute is critical when someone is choking or needs CPR.

