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*Choking*

# The purpose of the training is...

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- Learn why its important to review **choking hazards** at home and the workplace
- Learn what choking is and **what causes it**
- Learn how to **respond appropriately** to an individual choking
- Learn what steps to follow or **best practices** when it comes to reporting or documenting a choking incident.
- Learn what you can do as a home or company to ensure your people are informed and ready **just in case**.



[clipground.com](http://clipground.com)



[dreamstime.com](http://dreamstime.com)



[lovingparents.in](http://lovingparents.in)

Why its important to review **choking hazards** at home and the workplace?

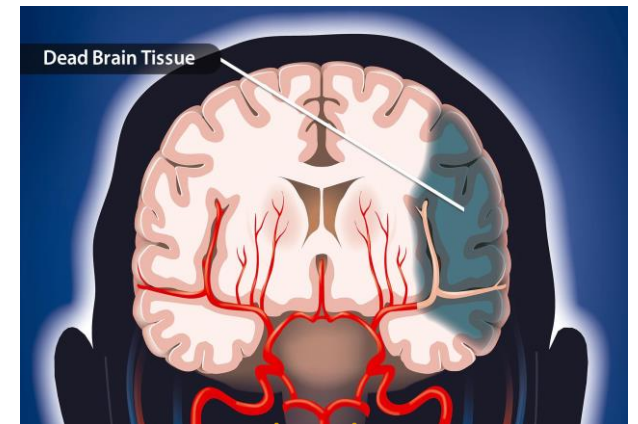
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- ***According to latest statistic choking is the cause of death for every 1 in 5 children.***
- ***Choking is the leading cause of death for anyone over the age of 65 years.***
- ***A choking death occurs every two hours.***
- ***Over 100,000 individuals are seen in emergency rooms due to choking annually***
- ***Pregnancy, disability, obesity and being alone are factors that greatly increase the chances of choking.***
- ***More people die from choking than die in fires, drowning or accidental shootings.***
- ***Around 3000 adult die annually due to choking accidents***

# What is choking and what causes it?

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- Choking is the inability to draw in a breath due to something obstructing the trachea (windpipe) or esophagus (foodpipe).
- There are **2 types** of choking.
  1. **Partial**- when obstruction occurs however oxygen still can be taken in. Leads to **hypoxia** (reduction of oxygen content in body/brain).
  2. **Complete**- when obstruction occurs and there is no ability to take in oxygen. This results in asphyxia which leads to **anoxia** (without oxygen to body/brain) and potentially death.
- Choking should be considered a medical emergency.
- Time without air (anoxia) makes a difference!!!!
  - Between 0-4 minutes brain damage remains unlikely
  - Between 4-6 minutes brain damage is possible
  - Between 6-10 minutes brain damage is likely
  - Beyond 10 minutes can lead to probable brain death



[webmd.com](http://webmd.com)

# What is choking and what causes it?

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## *Risk factors include*

- *Dysphagia- difficulty swallowing-this is a diagnosis*
- *Amyotrophic Lateral Sclerosis (ALS)- a neurodegenerative condition*
- *Asthma*
- *Cerebral Palsy*
- *Huntingtons Disease*
- *Stroke*
- *Brain Injury*
- *Multiple Sclerosis*
- *Muscular Dystrophy*
- *Parkinson 's Disease*
- *Esophageal Spasm*
- *Gastroesophageal Reflux Disease (GERD)*
- *Esophagitis- inflammatory condition of the throat*
- *Esophageal Tumors*
- *Neurological Disorders*

**Gagging** *Open mouth, tongue could be thrusting forward, face becomes red, coughing occurs. (Coughing is GOOD!)*

**Vs.**

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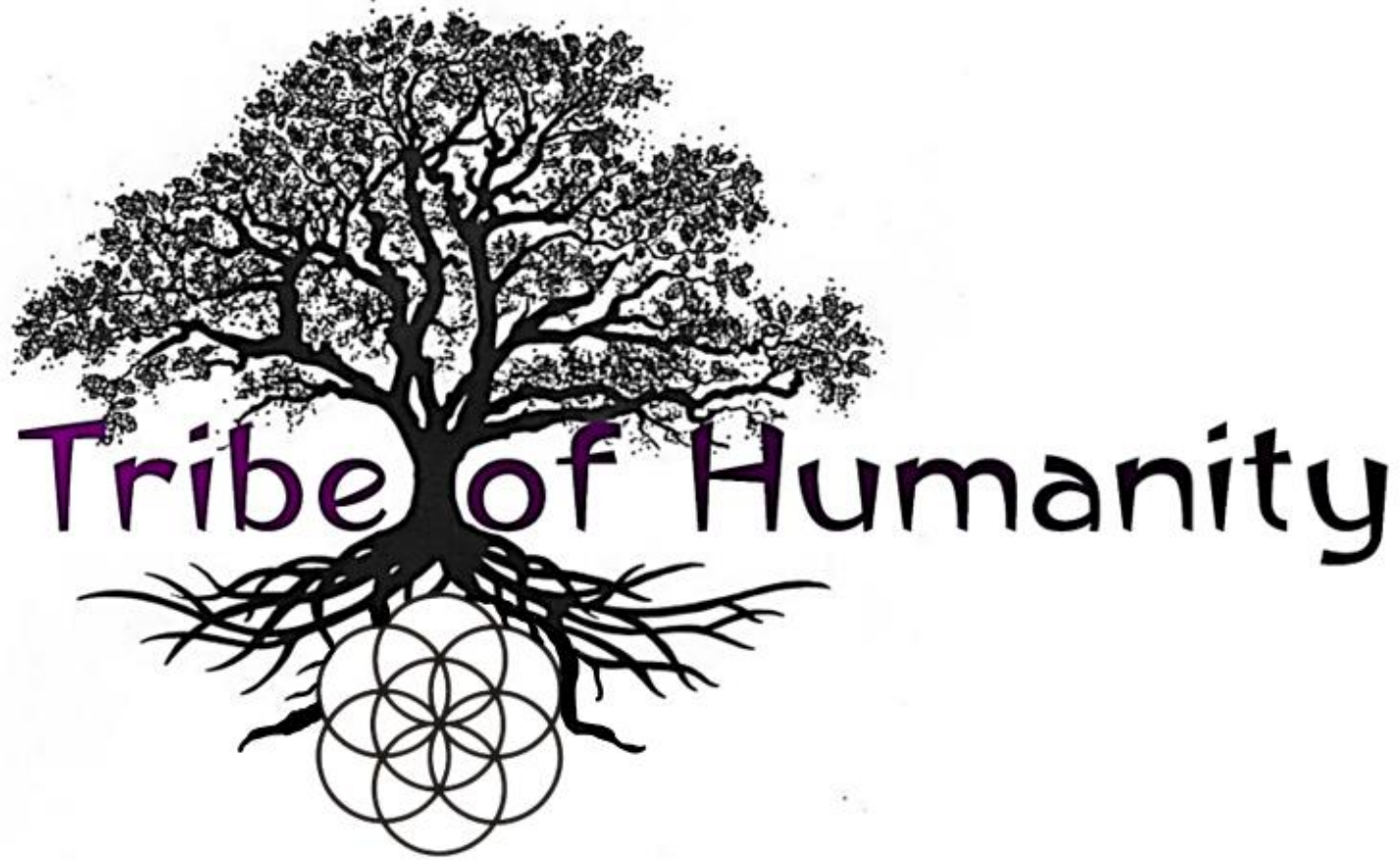
**Choking** *Silent and unable to make noise, face will begin to turn blue, gasping for air may occur, coughing occurs.*

# *Remember This!!!*

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LOUD AND RED, LET THEM GO AHEAD

SILENT AND BLUE, THEY NEED HELP FROM YOU



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