

# CHOKING

## - FIRST AID -

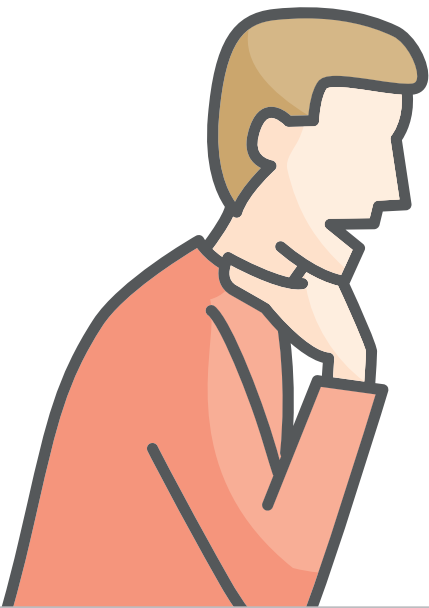
**For Training Contact:**

888-407-8770

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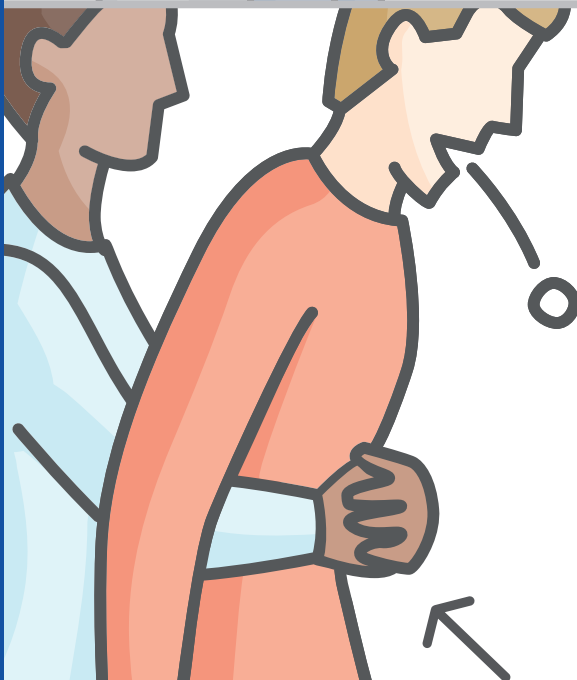
### **AWARENESS**

- Hands placed over throat (Universal Sign)
- Cannot speak or cough.
- May be aggressive and panicking.



### **APPROACH**

- Make contact by grabbing their elbow.
- Ask “Are you choking?”
- If they nod, “yes,” stand behind the patient with one foot between their legs and the other foot back for stability.



### **ACT**

- Make a fist with non-dominant hand - put fist over belly button.
- Put dominant hand over non-dominant
- Pull UP and IN repeatedly until object comes out or they lose consciousness.