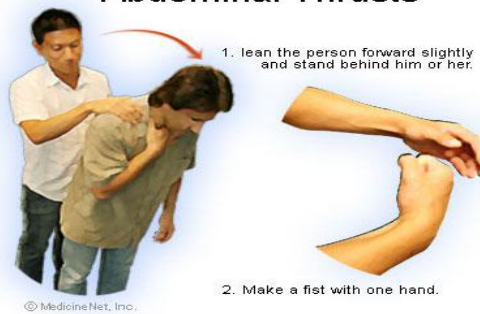


Clinical Learning Guide

Choking (conscious adult)

STEP/TASK	AP	IP	NP
A. If the victim is conscious			
First-aid management of choking (adult)			
a- Reassure,			
b- if victim can cough effectively encourage cough			
c- if cough is ineffective:			
1. Call for help			
2. Deliver five back blows between the person's shoulder blade with the heel of your hand.			
If not effective (perform Heimlich maneuver).			
1. Stand behind the choking person.			
2. Wrap your arms around the waist and bend the person forward slightly.			
3. Grasp your fist with the other hand, press hard into the abdomen with a quick upward thrust as if trying to lift the person up.			
4. Alternate between five back blows and five abdominal thrust until the blockage is dislodged.			

Abdominal Thrusts



3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.

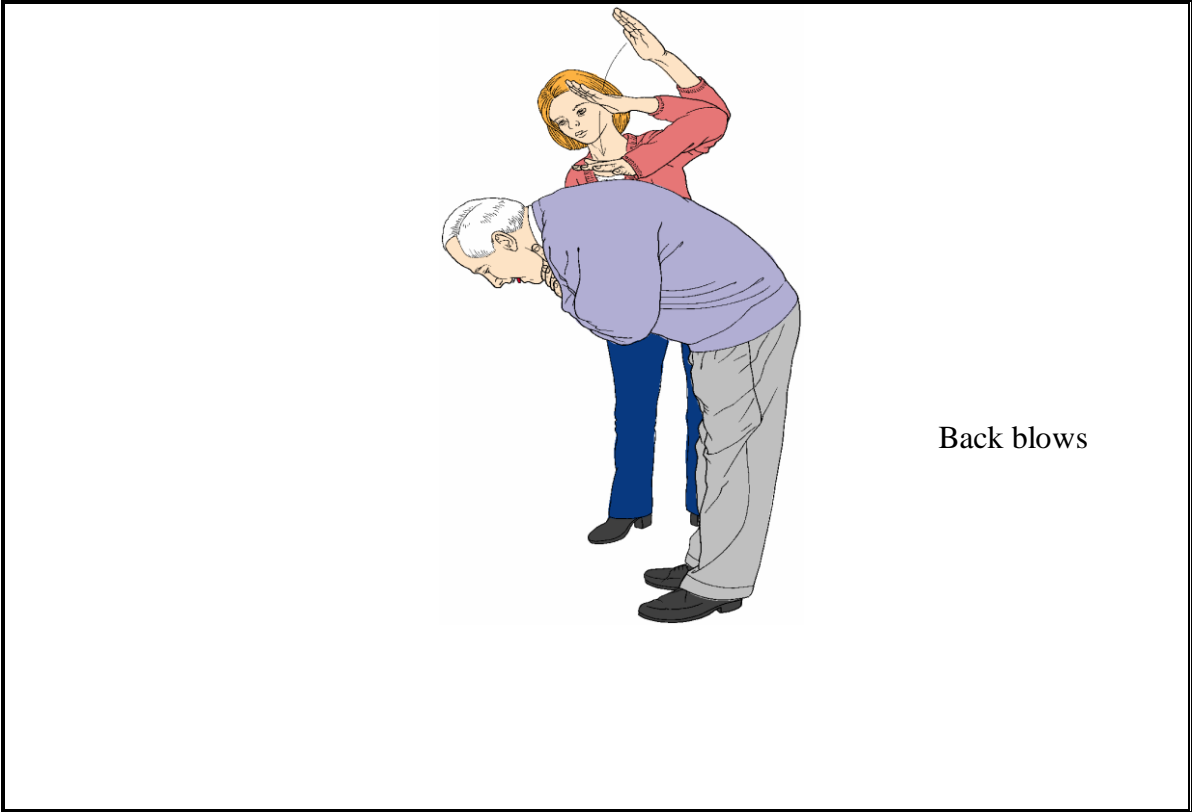


4. Make a quick, hard movement, inward and upward.



Heimlich maneuver

© MedicineNet, Inc.



Back blows

AP = Adequately Performed
IP = In adequately Performed
NP = Not Performed