

Management of foreign body airway obstruction (Choking)

First Aid/CPR/AED Refresher Module 5

DETENTION
TRAINING UNIT



Signs of Choking

- Clutching the throat
- Gasping or wheezing
- Unable to make noise or talk
- Bulging eyes
- Blue lips and fingers

Universal Choking Sign





Adult/Child Choking

CONSCIOUS:

- Look for sign of choking
- Ask: Are you choking? I'm trained in First Aid, can I help?
- Deliver X5 back blows between shoulder blades with heel of hand
- Deliver X5 abdominal thrust (Heimlich maneuver) until airway obstruction is cleared or the patient is unconscious
- If pregnant, perform chest thrusts instead of abdominal thrusts



Adult/Child Choking

UNCONSCIOUS:

- Assist patient onto their back
- Check for breathing
- If not breathing, start CPR



Heimlich Maneuver

1. Stand behind the patient and wrap your hands around the person's waist, above the belly button and below the sternum
2. Make a "C" with one hand and a "Fist" with the other hand
3. Place the fist into the center of the "C" and pull in and up towards yourself



Officer Saves Baby



POLICE  ACTIVITY

Infant Choking

- Assume a seated position
- Always support the infant's head
- Place infant face down on your arm at a 45-degree angle and deliver X5 thumps between the shoulder blades with the heel of your hand
- Turn the infant over while supporting the head and perform X5 chest thrusts using two fingers on the chest
- Repeat until the obstruction is dislodged or infant goes unconscious
- If unconscious, begin CPR





Learning Activity #3

