



FIRST-AID FOR CHOKING – CONSCIOUS ADULT

Choking is the result of a partially or completely blocked airway – reducing or totally blocking airflow.

SIGNS OF CHOKING:

- Grasping throat
- Increased breathing difficulty
- Bluish tissue colour
- Panic

FIRST-AID FOR A CHOKING CONSCIOUS ADULT:

- Ask if the person is choking. If the person can speak or cough the airway is partially blocked. Encourage the person to cough in order to dislodge the material causing the blockage.
- If the person cannot speak or cough, they need first-aid assistance.
 - Stand behind the person.
 - Wrap your arms around the casualty's chest making a fist with one hand.
 - With thumb of fist placed against casualty's abdomen/slightly above navel, put free hand on top.
 - Press fist into chest and continue to perform abdominal thrusts until foreign body is dislodged or person becomes unconscious.

E.C.I.S. has been providing businesses and individuals with First-Aid training for over 25 years.

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