

## Skills Summaries

### Conscious, Choking Adult or Child



- 1** Perform a scene survey.
- 2** Determine patient is choking and tell patient you are here to help.



- 3** Position self and support patient for back blows.



- 4** Give 5 firm back blows.



- 5** Position self for abdominal thrusts and give 5 abdominal thrusts.



- 6** Repeat cycle of back blows and abdominal thrusts until object is dislodged or patient begins to breathe or cough or becomes unconscious.

- 7** Adaptations: chest thrusts; choking in a seated position (e.g., in a wheelchair); choking alone.



## Conscious, Choking Baby



- 1** Perform a scene survey.
- 2** Determine baby is choking. Position self low to the ground and support baby's head and neck.



- 3** Turn baby face down (head lower than body).
- 4** Give 5 firm back blows.



- 5** Turn baby face up and give 5 chest thrusts.
- 6** Repeat cycle of back blows and chest thrusts until object is coughed up, baby starts to cry, breathe, or cough or becomes unconscious.

