

CHOKING

ADULT

Step 1:

Adult can't speak or cough.
Hands to the throat.



Step 2:

Place hands below rib cage and thrust upwards.



Note:

For pregnant or obese women, use a chest thrust.



CHILD

Step 1:

Child can't speak or cough.
Hands to the throat.



Step 2:

Place hands below rib cage and thrust upwards.



Note:

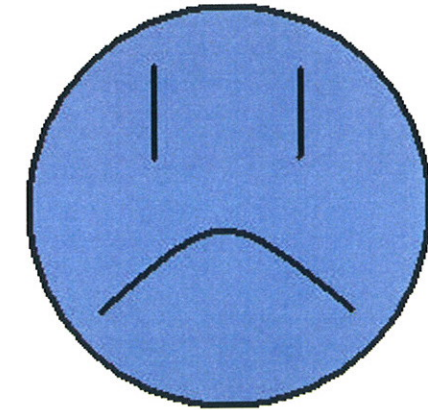
For obese children, a chest thrust is more suitable.



INFANT

Step 1:

Baby can't speak, cough or cry.



Step 2:

Place baby on knee, support neck and give 5 back blows.



Step 3:

Lie baby on back, give 5 chest thrusts.

