

Helping a Choking Adult

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- Ask the person, “Are you choking?”
 - > If the person cannot speak, cough, or breathe or is making high-pitched noises, it is **severe choking**.
- For **mild choking**, encourage the person to cough to clear the obstruction.



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- For **severe choking**, stand behind or beside the person and wrap one arm across the chest. Bend the person forward.
- With the heel of your other hand, give 5 firm back blows between the shoulder blades.



3

- If the object does not come out, place a fist just above the belly button. Place your other hand over your fist and pull sharply in and up, doing 5 abdominal thrusts.
- Continue the cycle of 5 back blows and 5 abdominal thrusts until the object comes out or the person begins to breathe or cough. **If the person becomes unconscious, call EMS/9-1-1 and start CPR.**



The information on this poster does not replace formal First Aid & CPR training.

To find a Red Cross First Aid course in your area scan the QR code, or:

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