

## Jamison: Patient Education and Wellness

### HANDOUT 19.9: CHOKING: EMERGENCY GUIDELINES

- ☐ If the choker can speak, the food is not obstructing breathing
- ☐ Do not deliver a slap on the back – the food may become more firmly lodged
- ☐ Sweep a finger into the back of the mouth to clear the airway of any food blocking the back of the mouth
- ☐ If the choker cannot speak or the mouth is empty, perform the Heimlich manoeuvre as follows:
  - If the choker is standing or sitting:
    - ☐ Get behind the choker
    - ☐ Wrap your arms around their waist and clasp your hands
    - ☐ Fist your hand on the choker's abdomen between the tip of the sternum and the umbilicus
    - ☐ Press your fist into the choker's abdomen using a quick upward thrust
    - ☐ Repeat a few times until the food is dislodged
  - If the choker is lying:
    - ☐ Roll the choker onto their back
    - ☐ Kneel at their side or straddle their hips
    - ☐ Place one hand on the other with the heel of one hand on the choker's abdomen between the tip of the sternum and the umbilicus
    - ☐ Move forward until your shoulders are directly above the choker's abdomen
    - ☐ Press both hands forcefully into the choker's abdomen with rapid upward thrusts
    - ☐ Repeat until you can remove the food from the choker's mouth
    - ☐ Remove the food quickly before it is inhaled again

See

<http://www.mayoclinic.com/health/first-aid-choking/FA00025>