

CHOKING

www.YourOwnHomeStore.com/CPR_Choking

STEPS (Conscious Victims ONLY):

- 1). 5 Back Blows between shoulder blades with heel of hand
- 2). Stand behind victim and wrap arms around waist
- 3). Place clenched fist just above navel and other hand over fist
- 4). Quickly pull inward and upward 5 times
- 5). Repeat back blows and then thrusts until item is dislodged
- 6). Call 911 once item is dislodged or after 1-2 minutes.

Pregnant / Obese:

Place hand higher at base of breastbone when giving thrusts

Infants:

Give back blows with them lying facedown on your forearm over thigh.

Flip over onto back and use 2 fingers at center of breastbone for thrusts.

Unconscious:

Call 911

Lie on back & dislodge item if possible
Perform CPR

CPR

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Hands Only CPR

Use If:

Untrained in conventional CPR

Best When:

You SEE an adult / teen collapse

STEPS:

- 1). Call 911
- 2). Push hard and fast at center of chest (think of beat to song "Stayin Alive")

Conventional CPR

Use If:

Well Trained

Best For:

Children / Infants
Drowning Victims
Those found unconscious

STEPS:

- 1). Call 911
- 2). 30 compressions
- 3). Airway check
- 4). 2 breaths
- 5). Repeat

Infants:

1/2 - 1 in compressions
2-3 fingers just below nipple line
Gentle Breaths

Children:

1 - 1 1/2 in compressions
1-2 hands center of chest
Short breaths

Adults:

1-2 in compressions
2 hands center of chest
Long Breaths