

Choking Protocol

CHOKING Responsive Child or Adult Speaking, Breathing and/or Coughing

Child (ages 1-8) and Adult (age 8 and older)

1. If individual can breathe, cough, or speak, do not interfere.
2. Stay with the individual. Encourage them to cough out the obstruction.
3. If individual cannot clear airway by coughing, is unable to speak, breathe, or cough, or if breathing and coughing become weaker and more difficult, call 911 and see *Responsive Child or Adult Unable to Dislodge Object*.

Responsive Child or Adult Unable to Dislodge Object Difficulty Breathing, Weak/Faint Cough, Difficulty Speaking

Child (ages 1-8) and Adult (age 8 and older)

1. Universal sign of choking: individual clutching neck
2. Ask individual, "Are you choking?"
3. Perform Heimlich Maneuver/abdominal thrusts if any of the following are present:
 - Unable to speak;
 - Weak, ineffective cough;
 - High-pitched sound or no sound while inhaling;
 - Increasing difficulty breathing; or
 - Blue lips or skin.
4. If someone is with you, have them call 911.
5. Heimlich Maneuver or Abdominal Thrusts (see diagram)
 - Stand behind individual.
 - Wrap arms around waist.
 - Make a fist with one hand.
 - Place thumb side of fist against middle of the abdomen, just above navel and well below lower tip of breastbone.
 - If individual is pregnant or obese, use chest thrusts instead of abdominal thrusts. Stand behind individual, wrap arms around chest, position hands (one in fist, the other grasping it) on center of breastbone, between nipples. Deliver set of 5 chest thrusts until object is expelled or victim becomes unresponsive.
 - Grasp your fist with your other hand.
 - Provide quick upward thrusts into individual's abdomen.
 - Repeat thrusts until the individual coughs up the object or becomes unresponsive.
6. If individual coughs up object and is coughing, breathing, and speaking normally, watch the individual to make sure he or she continues to breathe easily.
7. If victim becomes unresponsive, place appropriately sized LifeVac mask on victim's face with a C-clasp to create a seal and press down and rapidly pull back plunger.
8. If a call has not been made, call 911 now.
9. If individual becomes unconscious, see Choking Unresponsive Child or Adult

Choking: Unresponsive Child or Adult Unable to Dislodge Object

Child (ages 1-8) and Adult (age 8 and older)

1. If you are alone, call 911. If someone is with you, have them call 911.
2. Begin CPR (see CPR) starting with chest compressions and activate the emergency response system.
3. Every time you open airway to provide rescue breaths, open the mouth widely. Quickly look for a foreign body. If you see an object in the throat, remove it. Do not perform a blind finger sweep.
4. If you do not see an object, try 3 plunges with LifeVac, if object not dislodged, resume CPR for 2 minutes, then try LifeVac again.

NOTE: You can tell you have successfully removed an airway obstruction in an unresponsive victim if you:

- Feel air movement and see the chest rise when you give breaths.
- See and remove a foreign body from the victim's mouth.
- Continue to provide CPR or rescue breathing as needed if victim remains unresponsive.
- If victim responds, they must seek medical attention immediately.