

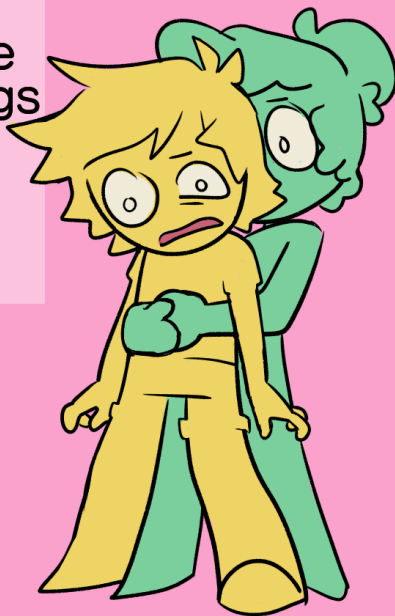
Choking/ Abdominal Thrusts Comic

Univeral sign of choking:
hands clutching
the neck

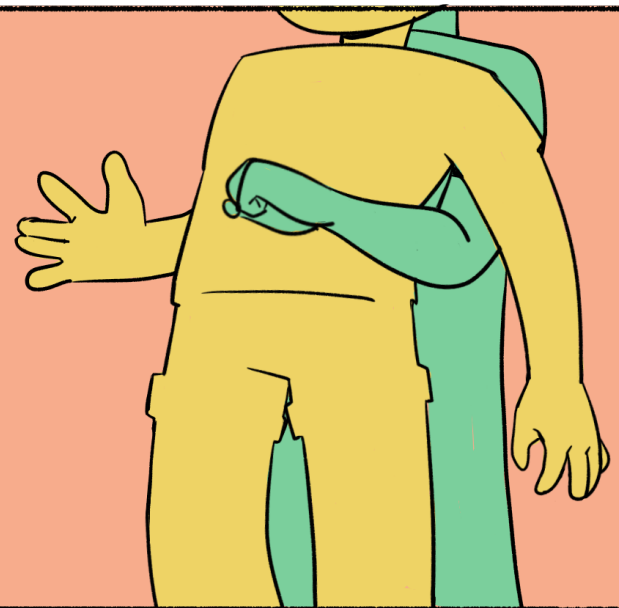


If you see someone who's
choking, ask if they are choking
and if you can help. If no, call
911. If yes, do the following.

Put one leg
between the
person's legs
so that you
can catch
them if they
fall.



Thrust inwards and upwards.
This will push the diaphragm up
towards the lungs very quickly.



Put a fist above the belly
button, then put your other
hand flat on top of the fist.



Continue until the object is
dislodged.