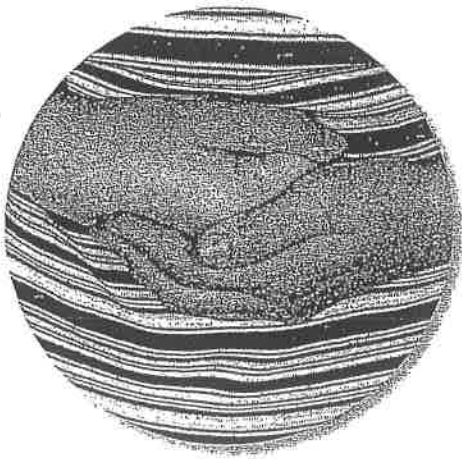


What to Do for . . .

Choking

If the choking person can breathe, cough, or speak, encourage him or her to cough up the object that is blocking the airway. Do not slap the person on the back. If the person can't speak, perform one or more **abdominal thrusts** (ab•DAHM•uh•nuhl THRUSTS). Do so using these steps.

- 1 Get behind the person, and put your arms around his or her waist. Make a fist, and place it above his or her navel, with the thumb joint against the abdomen. Grasp the fist with your other hand. Do not squeeze.
- 2 Give up to five quick, hard upward thrusts by strongly pulling your two hands toward you.



- ▲ Place your hands in this position, well below the person's rib cage, during an abdominal thrust.

During abdominal thrusts, the force of air moving upward out of the lungs is powerful. It is often strong enough to pop the object that's blocking the airway out of the throat. ▶



Personal Health Plan ▶

Real-Life Situation

You want to improve your first-aid skills by attending a training class.

Real-Life Plan

Make a list of places or groups that might offer first-aid training.



SUMMARIZE Explain the procedure for performing abdominal thrusts.