



Topic: Choking

It is sad to see that choking on food is the sixth leading cause of accidental death in the U.S. This is why it is important to know the signs of choking and how to help someone who may be choking

Choking on food is top cause of accidental death

- ✚ The universal signal for choking is grabbing the throat. Victims may be able to pass some air, in which case you'll hear wheezes as they try to breathe. If they are able to cough forcefully, encourage them to cough and force the obstruction out.
- ✚ Do not put your fingers or any other object into the mouth. You may accidentally push the object farther into the airway.
- ✚ Stand the person up and do the Heimlich maneuver. It is an emergency procedure used to treat someone whose airway is obstructed by food or another substance. The maneuver forces air from the lungs through the windpipe, pushing out the obstruction.
- ✚ With the victim standing, the rescuer wraps his or her arms around the victim's waist, making a fist with one hand and placing the thumb side of the fist against the abdomen just above the navel.
- ✚ The rescuer grasps this fist with the other hand and presses in with firm, quick, upward thrusts. Take care to avoid injury to the rib cage area.
- ✚ When object clears and the victim gasps for air, you will know that you have saved a life.

