

What to do in case of Choking

If Alone and Choking

Use your fist above your belly button, grasp it, bend over a chair/table and push your fist inward, upward & cough up



First Aid to a person

- **Give 5 sharp** back blows with heel of your hand between the shoulder blades
- If back blows do not remove the stuck object. **Give 5 abdominal thrusts**
- **Alternate between 5** blows and five thrusts until the blockage is dislodged



Choking Can Be Fatal — Stay Alert, Act Fast!