

A guide on how to save a life

CHOKING



Step-by-step

BACK BLOWS

- Place your arm across the person's chest.
- Bend the person forward and deliver up to 5 firm blows between the shoulder blades.



ABDOMINAL THRUSTS

- Place your fist just above the belly button.
- Give up to 5 quick, inward and upward thrusts. (in a J motion).



OR

CHEST THRUSTS

- Place your fist in the middle of the person's chest with your thumb facing inward, and place your other hand over your fist.
- Give up to 5 chest thrusts by pulling straight back.



Continue the 5:5 method until the object comes out or the person begins to breathe/cough. If the person becomes unresponsive, call EMS/9-1-1, get an AED and begin CPR.



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One Heart Training

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