



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

First Aid for a Choking Adult



When someone is choking, you must act quickly. Follow these steps:

Find out if choking is the problem.

The person may...

- Clutch at the throat
- Nod yes if you ask, "Are you choking?"
- Be unable to speak or breathe
- Have pale, bluish skin
- Be unconscious



Do the Heimlich Maneuver

- Stand behind the person.
- Put your arms around the person's waist.
- Make a fist with one hand.
- Place the fist against the person's stomach, with your thumb just above the person's navel.
- Hold your fist tight with your other hand.
- Make quick, strong upward thrusts into the person's abdomen.
- Repeat this until the object or food is forced out of the person's throat.

If the person is lying down:

- Turn the person face up.
- Kneel with your legs on each side of the victim.
- Do the upward thrusts from in front.



For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7