Choking & the Heimlich Maneuver

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Choking Statistics & Facts

- Fourth leading cause of unintentional injury death
- Just over 5,000 people died from choking in 2015
- Roughly 60% of those people were older than 74
- Most common cause is food creating a blockage
- Lack of oxygen causes permanent brain damage after 4 min

http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-choking.aspx
Recognizable Symptoms

- Universal sign of choking: grasping throat with one or both hands
- Person can not speak or pass air
- Not truly choking if able to cough

SEEK MEDICAL HELP EVEN IF YOU ARE SUCCESSFULLY ABLE TO REMOVE BLOCKAGE.

Heimlich Maneuvers

- Also known as abdominal thrusts
- First resort should be to strike choking and conscious person on back between shoulder blades
  - Chance of dislodging foreign object
  - Do not slap unconscious victim
  - Prior to 2006, this was not recommended procedure by American Heart Association or Red Cross
- Different sized people require different maneuvers
Heimlich Maneuver:

Upright Victim
- Stand behind victim
- Place fist in other hand above navel
- Apply pressure to bottom of diaphragm using quick jerks
- If victim is a child older than 1 year, may have to kneel

Not Upright Victim
- Straddle victim’s torso
- Apply chest thrusts
- Perform CPR if unresponsive
- Don’t do like Michael or Dwight

Heimlich Maneuvers: Pregnant or obese adult
- Stand behind victim with staggered feet
- Place arms underneath victim’s armpits
- Place fist in other hand between victim’s breasts
- Perform quick, forceful thrusts directly inward to victim’s chest

http://www.npregnancy.com/first-aid/pregnant-choking/
Heimlich Maneuver: Infants

- Place infant face down on one forearm
- Position fingers to hold infant’s jaw and support his neck
- Place infant on your thigh such that his head is lower than his chest
- Perform 5 firm blows to his back with the heel of your hand
- If object does not dislodge, flip infant onto his back and perform chest thrusts
- Alternate till object is expelled