

Care for a Choking Adult

1

If the person cannot speak, cough, or breathe or is making high-pitched noise, immediately begin care for choking.

Alternate between any two of the following methods until the object comes out: back blows, abdominal thrusts, and chest thrusts.

2

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.



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.



3

- Always call EMS/9-1-1 for choking, even if the object comes out.
- If you are alone, immediately begin providing care for choking. Call EMS/9-1-1 as soon as you are able to do so.
- Continue providing care until the object comes out or the person begins to breathe or cough.
- If the person becomes unresponsive begin CPR, starting with chest compressions.

The information in this poster does not replace formal First Aid & CPR training.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:

myrc.redcross.ca | 1.877.356.3226 | redcross.ca/apps

