Emergency Care for

Emergency Phone Number

CONSCIOUS VICTIM

If victim CAN breathe, cough or speak-DO NOT INTERFERE.

If victim CANNOT breathe, cough or speakgive quick upward thrusts (grip above waist but below ribs).

(Avoid pressing on the bottom of the breastbone.)





inward, use

other hand to

give an in and upward thrust.

With thumb side







Repeat thrust steps until effective or until victim becomes UNCONSCIOUS.

UNCONSCIOUS VICTIM

Phone 911 or other emergency response number or send someone to call.



Open the airway. Look for foreign object. IF one is seen, remove it (head tilt, chin lift). Start CPR.

Return to the victim.



Attempt two breaths.

Repeat steps 1, 2 and 3 until victim starts breathing or until emergency/medical help arrives.



Do 30 chest compressions (Place heel of one hand on center of breastbone and heel of second hand on first hand).



- Have someone call for an ambulance, rescue squad or EMS.
- DO NOT PRACTICE ON PEOPLE. Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
- Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
- For CPR training information, call your local American Heart Association or American Red Cross chapter.
- For children 1 to 8 years of age, use one hand for chest compressions and one breath. Standards from the American Heart Association