



## SAFETY MOMENT Bulletin 12

### CHOKING PREVENTION AND RESCUE TIPS

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**Summary:** Suffocation is the fourth leading cause of unintentional injury-related death over all age groups, and choking on food or other objects is a primary cause. A few simple behaviors, like chewing food slowly and not drinking too much alcohol, can help prevent choking. To prevent choking in children, keep small object out of reach, cut food into small pieces and don't let them have hard candy.

### Key Information:

#### 1.- The Heimlich maneuver.

- If a person is coughing forcefully, encourage continued coughing to clear the object.
- A person who can't cough, speak or breathe, however, needs immediate help. Ask if they are choking and let them know you will use abdominal thrusts, also known as the Heimlich maneuver, to prevent suffocation. The procedure is not recommended for children younger than 1. Stand behind the victim with one leg forward between the victim's legs, for a child, move down to their level and keep your head to one side reach around the abdomen and locate the navel.
- Place the thumb side of your fist against the abdomen just above the navel grasp your fist with your other hand and thrust inward and upward into the victim's abdomen with quick jerks.
- For a responsive pregnant victim, or any victim you cannot get your arms around or for whom abdominal thrusts are not effective, give chest thrusts from behind; avoid squeezing the ribs with your arms.
- Continue thrusts until the victim expels the object or becomes unresponsive, even after choking stops, seek medical attention.

#### 2.-Unresponsive Victims and CPR

- If the victim is or becomes unresponsive, lower the person to the ground, expose the chest and start CPR. Look inside the mouth and remove any objects.
- Tilt the head and lift the chin to open the airway.
- Give two rescue breaths.
- Compress the chest about 2 inches deep, 30 times, at a rate of at least 100 per minute while counting aloud.
- Continue the cycle of two breaths and 30 compressions until the victim wakes up, an AED is brought to the scene or professional help arrives.

### Additional resources:

[www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-choking.aspx](http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-choking.aspx)

[www.safetyservicesnl.ca/safetytips.php](http://www.safetyservicesnl.ca/safetytips.php)

[www.Safety.BLR.com](http://www.Safety.BLR.com)

[www.safekids.org/other-resource/choking-suffocation-and-strangulation-prevention-safety-useful-links](http://www.safekids.org/other-resource/choking-suffocation-and-strangulation-prevention-safety-useful-links)

[www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Choking-Prevention.aspx](http://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Choking-Prevention.aspx)

