

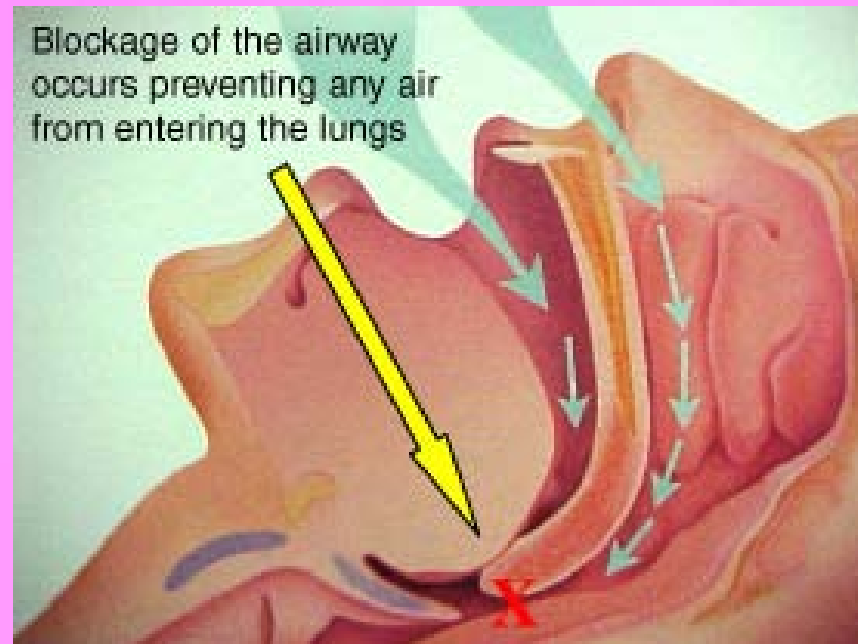
AIRWAY EMERGENCIES

**ADULT AND BABY
CHOKING**



AIRWAY EMERGENCIES

- If anything blocks the airway leading to the lungs, the person will choke and not get enough oxygen.
- This is a life-threatening condition, and you must give first aid to remove whatever is blocking the airway.



- **MILD CHOKING**

- Coughing indicates an airway obstruction and is the body's natural way to remove whatever a person is choking on
- If a person has mildly choked and is still coughing and making sounds, encourage the person to continue to cough.
- If the object becomes more lodged in the airway, this can cause severe choking

- **SEVERE CHOKING**

- Happens when an object or swelling completely blocks the airway
- The first aider must act QUICKLY to try to unblock the object.

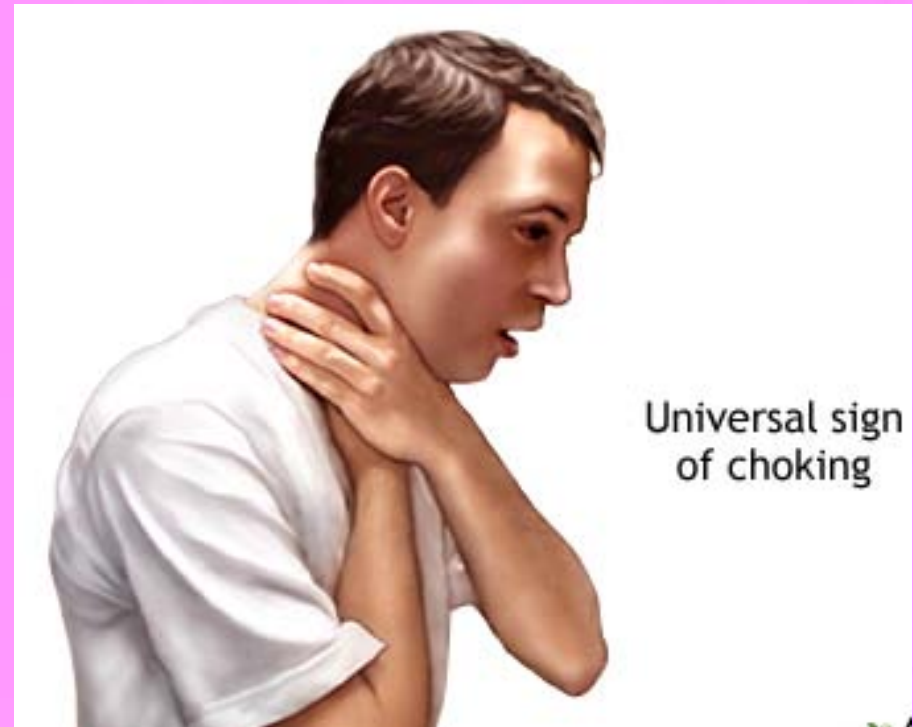


- **COMMON CAUSES**

- Swallowing large pieces of food
- Talking while trying to eat
- Drinking too much alcohol before and during meals

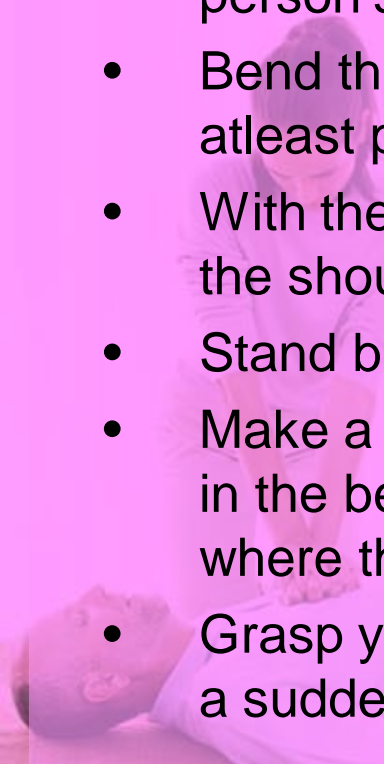
- **WHAT TO LOOK FOR**

- Can't cough, breath or speak
- Change in face colour to pale or bluish
- Look of panic and wide eyes
- One or both hands clutching the throat (see diagram)



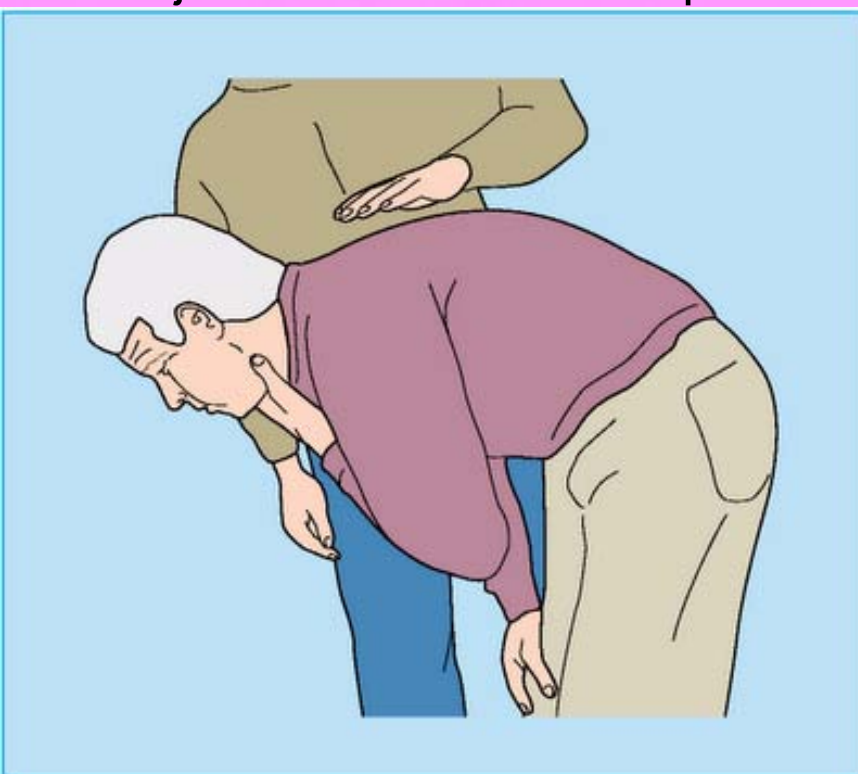
CONSCIOUS, CHOKING ADULT OR CHILD

1. Encourage the person to continue coughing (do not touch the person)
2. Holler for help. Reassure the person and explain what you are going to do. Call 911 or your local Emergency Medical Service (EMS), or have someone call for you if the person is having difficulty breathing.
3. If the person is unable to speak, cough or breath it is severe choking
 - Stand behind the person and wrap one arm diagonally across the person's chest
 - Bend the person forward at the waist until the person's upper airway is atleast parallel to the ground
 - With the heel of your other hand, deliver five firm back blows between the shoulder blades
 - Stand behind the person and wrap your arms around his/her waist.
 - Make a fist with one of your hands and place the thumb side of that fist in the belly button area, slightly above the belly button and well below where the ribs meet.
 - Grasp your fist with your other hand and press inward and upward with a sudden forceful thrust.





4. If the object is still stuck, make a fist and place it above the 2 fingers above the bellow button (standing behind the person wrapping your arms around them)
5. Grasp your fist with your other hand and press inward and upward with 5 sudden forceful thrusts.
6. Continue the cycle of 5 back blows and 5 abdominal thrusts until the object comes out or the person goes unconscious



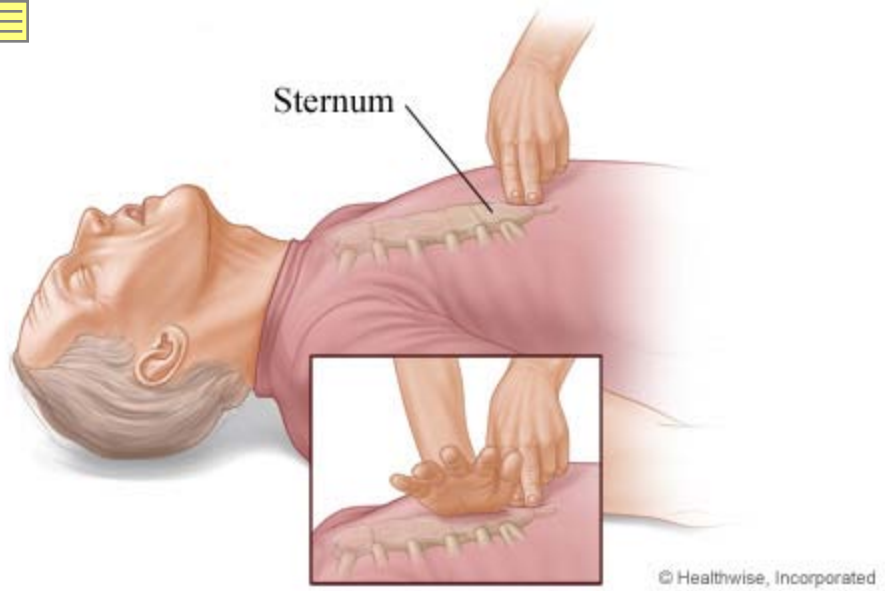
<http://www.youtube.com/watch?v=Cou3aA0ra7w>

If the person goes unconscious...

1. Help the person to the ground, protecting the head and place the person on the back,
2. Recheck ABCs (possibility the blocked object has come out)
3. Call EMS/ 9-1-1, get an AED
4. Landmark and give 30 chest compressions (push hard-push fast). This may remove the obstruction.
5. Open the mouth and look for the obstruction. If you can see the obstruction, try to remove it with a hooked finger.
6. Open the airway using the head-tilt chin-lift. Even though you may not be able to see the obstruction, it may have loosened enough to let some air pass by it and enter the lungs.
7. Try to give a breath. If air won't go in, reposition the head, check your seals at the mouth and nose and try to give another breath.
8. Repeat sequence of chest compressions, looking in the mouth, opening the airway and attempting to ventilate until you are successful, or until medical help takes over.

What is the person is found unconscious...

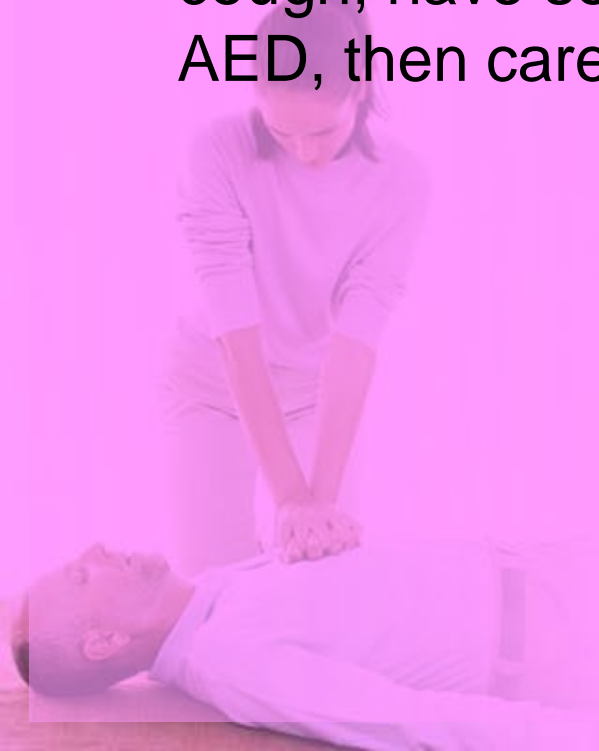
- 1. CHECK THE SCENE**
- 2. CHECK THE PERSON (unconscious)**
- 3. CALL 9-1-1 if not already done (get AED)**
4. Landmark and give 30 chest compressions.
5. Open the airway using the head-tilt chin-lift method.
6. Try to give a breath if the person is not breathing. If air won't go in, reposition the head, check your seals at the mouth and nose and try to give another breath. If the chest still does not rise, conclude that the airway is blocked by something.
7. Open the mouth and look for the obstruction. If you can see the obstruction, try to remove it with a hooked finger. Open the airway and attempt to ventilate again. If air still won't go in...
8. Repeat sequence of chest compressions, looking in the mouth, opening the airway and attempting to ventilate until you are successful, or until medical help takes over.



<http://www.youtube.com/watch?v=Zvyxs5Tl1hk>

CONSCIOUS, CHOKING BABY

- **CHECK, CALL, CARE**
- If the baby is coughing or gagging, the choking is mild
- If the baby is making high-pitched noises, is wheezing, can no longer make a sound, or becomes too weak to cough, have someone call EMS/ 9-1-1 and get an AED, then care for the baby



1. Sandwich the baby between your forearms, supporting the head



2. Turn the baby face down with the head lower than the body.
3. Lower the forearm onto your thigh. With the heel of your hand, deliver 5 firm back blows between the shoulder blades

Place the infant stomach-down across your forearm and give five quick, forceful blows on the infant's back with heel of your hand



4. While supporting the head, turn the baby face-up with your arm supported on your thigh
5. Place two fingers on the middle of the chest just below the nipple line give 5 chest compressions (4 cm deep)



6. Repeat the 5 back blows and 5 chest compressions until the object is coughed up, the baby starts to cry, or the baby becomes unconscious



STEP 1



1. Support baby's neck with one arm.
2. Position baby face down with head lower than body.
3. Apply 5 back thrusts between shoulder blades with one hand.

STEP 2



1. Turn baby over. Support neck.
2. Apply 5 chest thrusts, using 2-3 fingers.
3. Compress about 1" deep.
4. Repeat process until object is removed.

<http://www.youtube.com/watch?v=2gd8Pa9UD-I&feature=related>

If the baby becomes unconscious or if you find the baby unconscious...

- ***CHECK, CALL (as soon as the baby becomes unconscious and GET AED), CARE***

1. Start chest compressions

- Place two fingers on the middle of the baby's chest just below the nipple line
- Do 30 compressions



2. Give one rescue breath

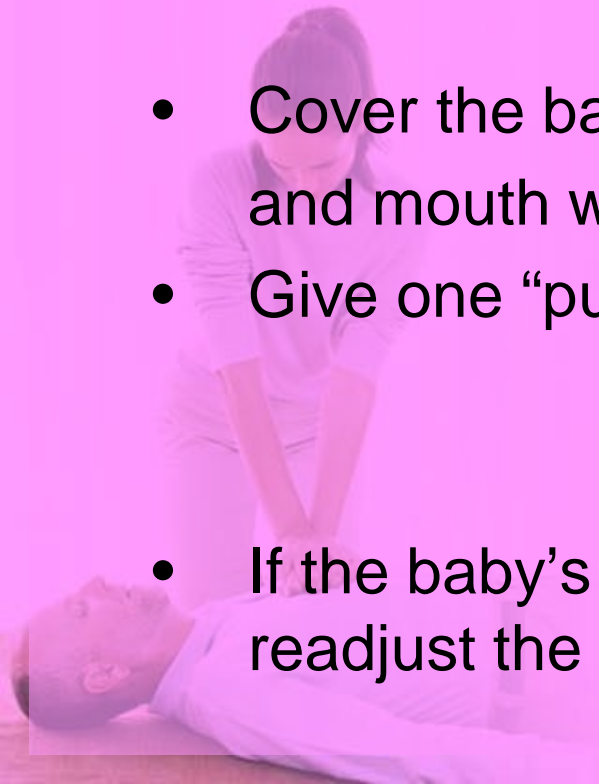
- Open the airway using the head-tilt-chin-lift



- Cover the baby's nose and mouth with your mouth
- Give one "puff"



- If the baby's chest does not rise during the breath, readjust the head (head-tilt-chin-left again)





3. Try to give another breath.
 - If the breath does not go in, start compressions
 - If the breath does go in, give another breath
4. Continue CPR sequence of 30 compressions, 2 breaths
5. Each time you complete a cycle of 30 compressions, look in the mouth to see if what the baby choked on has come out.
 - If you don't see anything, try to give a breath
 - If you see something, use a j-sweeping motion to remove the object carefully then continue with breaths and then compressions
6. Continue compressions and breaths until:
 - An AED arrives
 - EMS arrives

<http://www.youtube.com/watch?v=rzsN7Z1c9fE>

