

**Airway, Choking,
and Rescue Breathing**



When someone is not breathing
the first thing a rescuer must do is
be sure the person's airway is
open and not obstructed by a
piece of food or some other object.


Ask if you can help

- Ask the person if they are choking?
- Tell them you are trained at first aid and ask them if they would like you to help.
- If they say yes, position yourself to help them.




If a person is choking

- They will generally give the universal signal for choking, which is putting their hands to their throat.
- People who are choking cannot speak or cough. If they can speak or cough, encourage them to continue to cough the object out of the airway.



Universal sign for choking
#ADAM

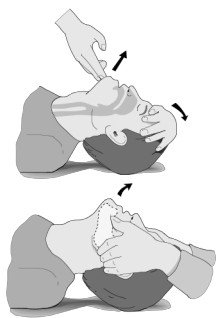
How do I check and clear the airway?



Check by putting your index and middle fingers into the person's mouth and sweeping the person's throat from side to side to feel for objects. If you feel an object there, use the two fingers like scissors to pick out the object if possible.

Head tilt-chin lift Method

- Lift on the patient's chin and tilt the head back at the same time.
- It is amazing how often this simple method will open a person's airway that has been obstructed.



Position yourself to help



Place one fist just above the person's navel with your thumb against the abdomen



#ADAM

- Stand behind the person with one foot in between their legs and the other foot positioned so you can get solid balance if you have to help them to the ground.
- Keeping your feet together only makes it harder to help them if they fall
- Place one fist just above the person's navel with your thumb against the abdomen.

Give abdominal thrusts

- Cover your fist with the other hand
- Thrust up and in with enough force to lift the victim off their feet -- that means POWERFUL!



Cover your fist with your other hand and thrust up and in with sufficient force to lift the victim off his feet



#ADAM

If it is a child...



Place one fist just above the child's navel with the thumb side facing the abdomen



#ADAM

- Put one fist just above the child's navel with your thumb facing their abdomen.
- Don't thrust hard enough to lift them off their feet. Be much more gentle.

One of two things will happen...

1. The object will come out and you will have saved the person.
2. The object will not come out and the person will become unconscious.



If the person becomes unconscious...



- Help them to the ground and try to open their airway with the Head tilt-chin lift method and finger sweep.
- If the airway is still blocked, do abdominal thrusts with the palm of your hand above their navel, this time pushing down and toward their mouth.
- Again, be forceful enough to get the object out --- this is a matter of life and death

Sometimes you will come upon an unconscious person



- Make sure they are unresponsive by the "Tap and Shout" method. Tap them on the shoulder and ask them "Are you OK?"
- Check for breathing using the Look, Listen, and Feel method.

LOOK, LISTEN AND FEEL

- Look for the rise and fall of the chest
- Listen for breath sounds
- Feel for breath on the side of your face
- If you do not hear, see, or feel signs of breathing, start rescue breathing.



Rescue Breathing (Where do my hands go?)




- Place your hand on the victim's forehead and pinch his nostrils together with the thumb and index finger of the same hand.
- Apply pressure to the forehead to help maintain the head tilted backward (for open airway).
- With the other hand lift the victim's chin.

Position your mouth

- Make an airtight seal around the victim's mouth
- If the victim is small, cover both the victim's nose and mouth with your mouth
- Use a specially designed rescue breathing plastic sheet if you have one



Blow two full breaths



- About 1 to 1.5 seconds per breath
- Take a breath of fresh air each time before you blow
- Watch out of the corner of your eye for the chest to rise
- If it rises, air is getting in; if it does not rise, you must give unconscious abdominal thrusts because the rescue breathing is not working

After the two full breaths:

- Look, listen, and feel for breathing to have started on its own
- Feel for a pulse on the side of the victim's neck closest to you by placing two fingers (other than your thumb) in the groove beside the person's Adam's apple.
- Check for 5-10 seconds and continue rescue breathing, checking for a pulse after every 12 breaths.
- If there is no pulse, begin CPR.

