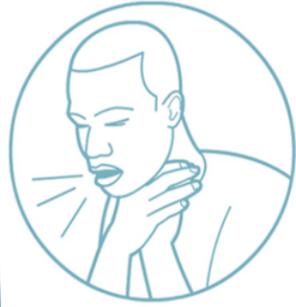


Choking



Choking

First distinguish a light from severe choking

- A **light** choking can be defined to the following:
The victim can answer to the question "are you choking?"

The victim can still talk, cough and breathe.

What to do:

Light choking

- motivate the victim to keep coughing
- do not do anything else

- A **severe** choking can be defined to the following:

The victim is conscious, but can't respond.

The victim can't talk, cough or breathe.

Sometimes a wheezing is audible, or the victim does vainly attempt to cough.

What to do:

Severe choking:

- call for help or let someone get help, while you stay with the victim. Help may be necessary to call the emergency number.
- give 5 back blows. Check after each blow if the issue is resolved.
- If not resolved, give 5 abdominal thrusts (Heimlich manoeuvre)
- call the emergency number if the victim loses consciousness. If the victim has lost consciousness and is not breathing normally, start CPR.

How to do:

Back blows

- Stand to the side and a little behind the victim.
- Support the victim's chest with one hand and bend him well forward.
- Give up to 5 firm blows between the victim's shoulder blades. Use the heel of your free hand.



Heimlich manoeuvre

The abdominal thrusts are also known as the Heimlich manoeuvre. The Heimlich manoeuvre increases the pressure in the abdomen and lungs, causing the object to force out.

Stand behind the person and wrap both arms around him.

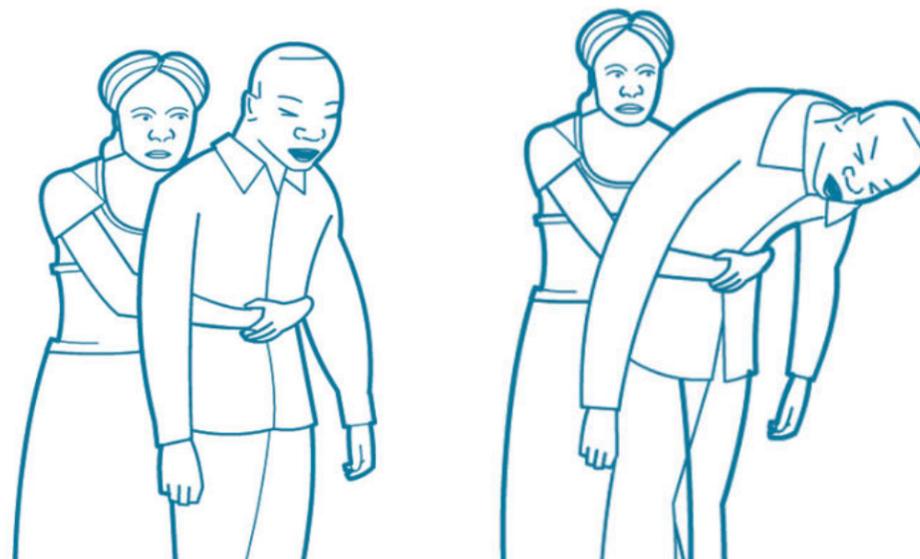
Make a fist with the thumb inside and put the thumb between the breastbone and navel, towards the victim.

Put your other hand firmly around your fist.

Thereafter, pull your fist strongly towards you and upwards, five times in a row (classical Heimlich).

If the victim is a child, you should use less force.

Repeat until the object is dislodged. If the victim loses consciousness, stop the manoeuvre.



What can you do to prevent choking?

- Take small pieces of food and chew food thoroughly.
- Don't talk, laugh or cry while eating/with food in your mouth.
- Do not lie down, run, walk or jump while eating.
- Do not give children under three years access to objects of food particles smaller than 3 cm
- Do not give fluids to children who lie down.
- Pay extra attention to small children. They often put small objects in their mouths.