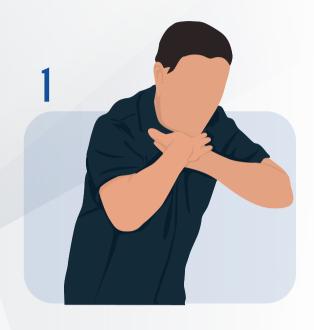
First Aid for Choking

Choking Adult



Encourage the adult to cough



5 hard back blows with the heel of your hand between the adult's shoulder blades



Repeat

5 abdominal thrusts.
Clasp one hand around a closed fist, place it below the rib cage in the V and pull in and up 5 times

Repeat