
Adult Choking

Learning Objectives::

1. Understand factors that lead to choking risks to adults and children
2. Perform choking rescue abdominal thrusts

AGENDA

- Provide overview of choking risks for adults
- Demonstrate choking rescue abdominal thrusts on an adult
- Describe differences between adult and child choking rescue

MATERIALS NEEDED

- Adult CPR manikin

ACTIVITY

1. Provide a brief overview of choking risk

- Explain that choking is the fourth leading cause of unintentional injury. Of 5,000 people who died from choking, more than half were older than 74. Seniors are more susceptible to choking for the following reasons:
 - Loose or missing teeth
 - Dentures
 - Dry mouth/lack of saliva
 - Fed too quickly
- Children are also at risk due to ingesting small objects and food. This is often while moving, playing or taking large bites of food.
- Encourage someone who is choking, but coughing, to continue coughing. Do not try to help by slapping their back. If they are coughing, that means that air is getting through.

2. Describe and demonstrate choking rescue abdominal thrusts for adults

- Check for signs of choking:
 - Not being able to breathe, cough, or speak
 - High pitched sounds when breathing
 - Universal sign includes holding the throat with one or both hands
- If displaying any of the above signs, ask person if they can speak. If they can speak, allow them to continue coughing, unassisted
- If they are unable to speak or breathe, proceed with abdominal thrusts (process to help with choking): Demonstrate on manikin.
 - Position your leg between patient's legs, to better catch them if they become unconscious and fall.
 - Make a fist with one hand



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- Put the thumb side a little above the bellybutton Take free hand and grasp fist and push hard and quick upward into abdomen area
- Continue thrusts until object is expelled, or when victim is able to breathe, cough, or talk. If person becomes unconscious, call 911 and begin CPR
- Always follow up with a medical professional

3. Describe differences in Choking Rescue for a child

- Explain that a rescuer may need to lower themselves to their knees to match the height of a child in order to achieve correct hand placement for abdominal thrusts.
- Choking Rescue for an infant is also a different technique. If participants want to learn how to do choking rescue with an infant, they should enroll in an Infant CPR course.

4. Questions?

ADAPTATIONS FOR LIMITED ENGLISH OR VPSI COMMUNITIES

Adaptations for limited English/VPSI communities:

- Instructors teach lesson in native language of students
- Use Interpreters to assist with lecture portion of lesson plan
- Supplement with written materials in native language
- Use examples that reflect the community's culture (ex: if describing choking on food, use example of food that is familiar with the culture)
- Be aware of cultural norms around touching others while performing choking rescue techniques