

BLS AIRWAY OBSTRUCTION: ADULT

ADULT (PUBERTY AND OLDER):

1. Ask, "Are you choking?"
2. Perform abdominal thrusts/Heimlich maneuver or chest thrusts for pregnant or obese victims.
3. Repeat abdominal thrusts until effective or victim becomes unresponsive.
4. Lower victim to floor, if victim is unresponsive with no breathing or no normal breathing (i.e., agonal gasps), begin CPR (no pulse check).
5. Before you begin breaths, look into mouth. If you see a foreign body that can be easily removed, remove it.
6. Continue CPR until ALS arrives or during ALS rendezvous.