

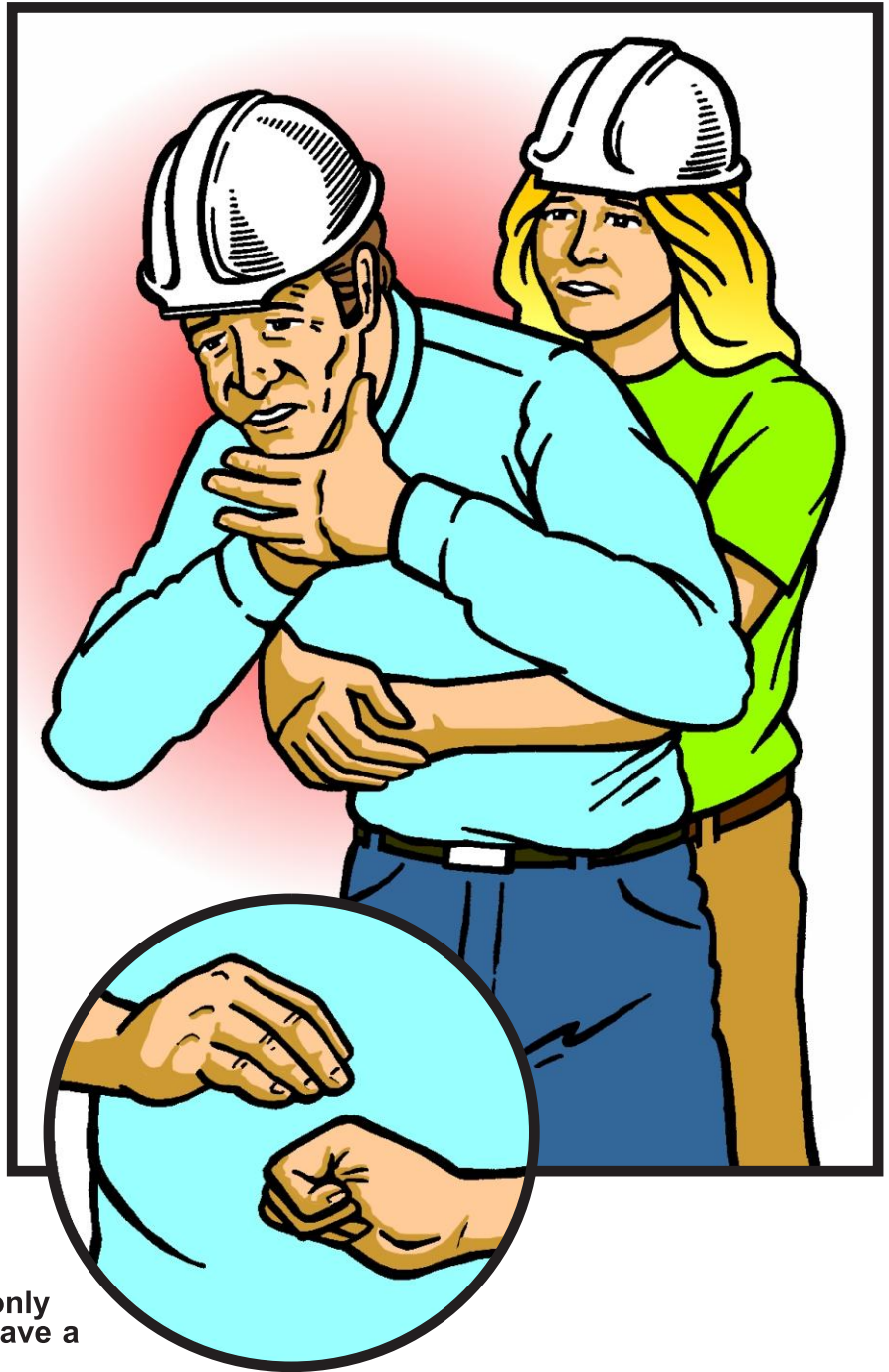
Company _____ Location _____ Date _____

Vol 27 - No 42 CHOKING FIRST AID

With more and more lunch hours taking place on the job site, the possibility of getting food lodged in a worker's throat becomes greater. Hurrying through a quick meal is an easy way to choke and there won't always be someone around to help. The best solution to preventing choking is to take time to eat slowly and make sure each bite is chewed correctly. However, no matter how careful a person is, accidents happen and food gets stuck in the windpipe. If this happens to a fellow worker, these quick steps can dislodge the object and enable correct breathing again.

1. Stand behind and wrap your arms around the persons' waist.
2. Make a fist with one hand.
3. Place the thumb-side of your fist in the middle of the abdomen, just above the navel.
4. Grasp your fist with the other hand.
5. Press your fist into the abdomen, pushing inward and upward with quick thrusts.
6. Continue thrusts until the object is dislodged from the windpipe, help arrives or the person loses consciousness.
7. If the person loses consciousness, call 911.

Remember, this knowledge can not only save a fellow employee, it can also save a family member at home.



Company _____ Location _____ Date _____

Vol 27 - No 42 CHOKING FIRST AID

With more and more lunch hours taking place on the job site, the possibility of getting food lodged in a worker's throat becomes greater. Hurrying through a quick meal is an easy way to choke and there won't always be someone around to help. The best solution to preventing choking is to take time to eat slowly and make sure each bite is chewed correctly. However, no matter how careful a person is, accidents happen and food gets stuck in the windpipe. If this happens to a fellow worker, these quick steps can dislodge the object and enable correct breathing again.

1. Stand behind and wrap your arms around the persons' waist.
2. Make a fist with one hand.
3. Place the thumb-side of your fist in the middle of the abdomen, just above the navel.
4. Grasp your fist with the other hand.
5. Press your fist into the abdomen, pushing inward and upward with quick thrusts.
6. Continue thrusts until the object is dislodged from the windpipe, help arrives or the person loses consciousness.
7. If the person loses consciousness, call 911.

Remember, this knowledge can not only save a fellow employee, it can also save a family member at home.

