



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# What is choking?

choking is a medical emergency requiring prompt and effective action by anyone available. choking occurs when a foreign object is caught in the throat or trachea, preventing air flow. This is often caused by food in adults, while in children it occurs as a result of the ingestion of small bodies.



## Choking Symptoms:

- Using hands to hold the throat.
- Inability to speak.
- Breathing difficulties or exhaling loudly.
- Whistling during breathing.
- Cough weakly or strongly.
- Skin color and lips turned blue.
- Being unconscious.



Emergency Medicine Dept.

Health Awareness Unit

IAU-24-540



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## First Aid for Choking

- If the person can breathe, encourage them to keep coughing.
- However, if the person is unable to talk or cough effectively an immediate action must be taken.



1. Stand behind the person.
2. Put one foot ahead to establish balance.
3. Embrace your arms around the person waist firmly but gently.
4. Make the person lean forward.
5. Make a fist with one hand put it in front of the navel directly.
6. Hold this fist with the other hand & make fast pushes upward the belly.
7. Make 6-10 pushes above the belly until the object is removed.

- If the person loses consciousness, it is important to start CPR immediately.

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