



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 critical medical emergency that requires immediate and appropriate action from anyone present.

It occurs when a foreign object is stuck in the throat or windpipe, obstructing the flow of air. In adults, choking often caused by food, while in children, it can be caused by the ingestion of small objects.



## Choking Symptoms:

- Holding the throat with the hands.
- Inability to speak.
- Difficulty breathing or wheezing.
- Whistling sound during breath.
- Weak or strong cough.
- Changing the color of skin and lips to blue.
- Losing consciousness.



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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