



CHOKING

When a person

1. Cannot speak
2. Turns blue
3. Collapse

What to do

1. Contact College Sherriff, ext. **3611 (from your mobile phone dial 213-763-3611)** , or Safety officer ext **3632** for assistance
2. Stand behind the victim (whether seated or standing) and place your arms around the waist.
3. Place your fist against the victim's abdomen slightly above the belt line, but below the rib cage.
4. Grasp your fist with the other hand and press into the abdomen above the navel with a forceful upward thrust.

Or...if the victim is laying face up, rescuer should:

1. Kneel astride the victim's hips
2. Place one of your hands on the other and place the heel of the bloom hand against the abdomen just above the navel and below the rib cage.
3. Press the hand into the abdomen with a forceful upward thrust.
4. Repeat the maneuver, if necessary. Be prepared to remove object from the mouth of the victim if it is not completely ejected.