

# Basic Life Support for Healthcare Providers

## Relief of Foreign-Body Airway Obstruction

<b>Adult</b> (Adolescent [puberty] and older)	<b>Child</b> (1 year to adolescent [puberty])	<b>Infant</b> (Less than 1 year of age)
<ol style="list-style-type: none"><li>1. Ask "Are you choking?"</li><li>2. Give abdominal thrusts/Heimlich maneuver or chest thrusts for pregnant or obese victims.</li><li>3. Repeat abdominal thrusts (or chest thrusts if victim is pregnant or obese) until effective or victim becomes unresponsive.</li></ol>	<ol style="list-style-type: none"><li>1. Ask "Are you choking?"</li><li>2. Give abdominal thrusts/Heimlich maneuver.</li><li>3. Repeat abdominal thrusts until effective or victim becomes unresponsive.</li></ol>	<ol style="list-style-type: none"><li>1. Confirm severe airway obstruction. Check for sudden onset of severe breathing difficulty, ineffective or silent cough, weak or silent cry.</li><li>2. Give up to 5 back slaps <i>and</i> up to 5 chest thrusts.</li><li>3. Repeat step 2 until effective or victim becomes unresponsive.</li></ol>

### Victim becomes unresponsive

4. Send someone to activate emergency response system.
5. Lower victim to floor. If victim is unresponsive with no breathing or no normal breathing (ie, agonal gasps), begin CPR (no pulse check).
6. Before you deliver breaths, look into mouth. If you see a foreign body that can be easily removed, remove it.
7. Continue CPR for 5 cycles or about 2 minutes. If you are alone, activate EMS system. Return and continue CPR until more skilled rescuers arrive.

Refer to BLS for Healthcare Providers course materials for more information about relief of foreign-body airway obstruction.