



**Figure 31.** Abdominal thrusts (Heimlich maneuver) with victim standing.

**Caution**

**Pregnant and Obese Victims**

If the victim is pregnant or obese, perform chest thrusts instead of abdominal thrusts.

**Relieving Choking in an Unresponsive Victim 1 Year of Age or Older**

Choking victims initially may be responsive and then may become unresponsive. In this circumstance you know that choking caused the victim's symptoms, and you know to look for a foreign object in the throat.

If a choking victim becomes unresponsive, activate the emergency response system. Lower the victim to the ground and begin CPR, starting with compressions (do not check for a pulse).

For an adult or child victim, every time you open the airway to give breaths, open the victim's mouth wide and look for the object. If you see an object that can easily be removed, remove it with your fingers. If you do not see an object, keep doing CPR. After about 5 cycles or 2 minutes of CPR, activate the emergency response system if someone has not already done so.

Sometimes the choking victim may be unresponsive when you first encounter him or her. In this circumstance you probably will not know that an airway obstruction exists. Activate the emergency response system and start CPR (C-A-B sequence).