

## Choking Procedure

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Watch for these signs of choking:

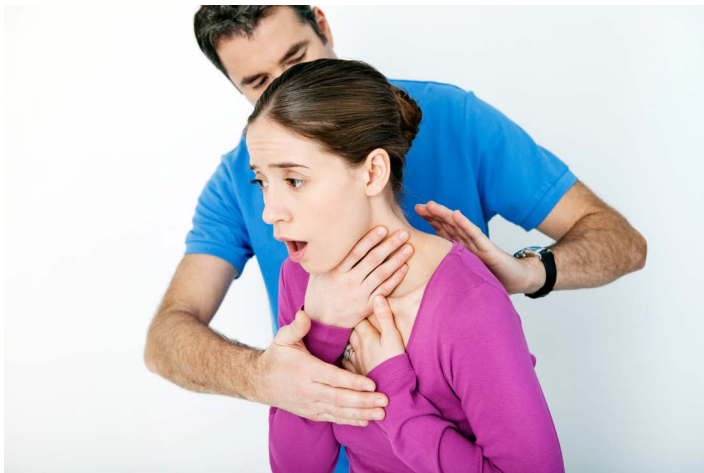
- One or both hands clutched to the throat
- A look of panic, shock or confusion
- Inability to talk
- Strained or noisy breathing
- Squeaky sounds when trying to breathe
- Skin, lips and nails that change colour, turning blue or gray
- Loss of consciousness

### First Aid

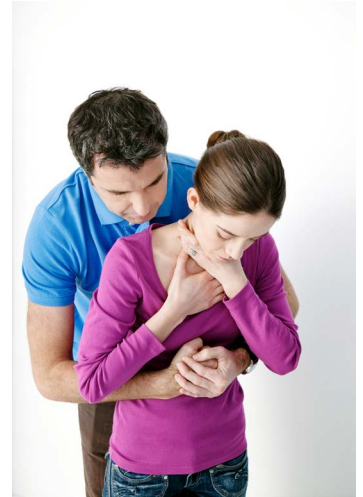
If a choking person can cough forcefully, let the person keep coughing. Coughing might naturally remove the stuck object. Follow the person if they leave the room.

If a person is choking and responsive:

- Give five back blows:
  - » Stand to the side and just behind a choking adult.
  - » Place your arm across the person's chest to support the person's body.
  - » Bend the person over at the waist to face the ground.
  - » Strike five separate times between the person's shoulder blades with the heel of your hand.



- If back blows don't remove the stuck object, give five abdominal thrusts:
  - » Stand behind the person. For a child, kneel down behind. Place one foot slightly in front of the other for balance. Wrap your arms around the waist. Tip the person forward slightly.
  - » Make a fist with one hand. Put it just above the person's belly button.
  - » Grasp the fist with the other hand. Press into the stomach, also called the abdomen, with a quick, upward thrust — as if trying to lift the person up.
- Alternate between five blows and five thrusts until the blockage is dislodged.



Call 911 or your local emergency number for help whenever someone has been choking.

If a person was choking and goes unresponsive:

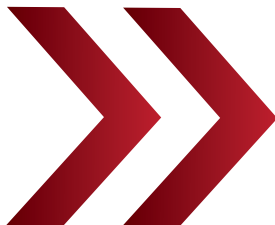
- Call 911 and start CPR for choking.

### *If you're alone and choking:*

Call 911 or your local emergency number right away. Then, give yourself abdominal thrusts (previously known as the Heimlich maneuver) to remove the stuck object:

- Place a fist slightly above your navel.
- Grasp your fist with the other hand.
- Bend over a hard surface. A countertop or chair will do.
- Shove your fist inward and upward.

*(continued)*



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Phone: 204-632-6600 | Email: [info@rpmsafety.ca](mailto:info@rpmsafety.ca) | Web: [www.rpmsafety.ca](http://www.rpmsafety.ca)

25 Bunting Street Winnipeg, MB R2X 2P5

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### *Why is it important that there are first aid attendants on site?*

Using the steps outlined above, anyone can provide aid to a choking person. However, there are benefits (and legal requirements) to having trained first aiders on site.

When an injury occurs, the first aid attendant can assist the worker immediately. The first aid attendant is trained to:

- Maintain a calm demeanor and take control of the situation.
- Assess for hazards before providing first aid.
- Call 911 for assistance (if needed).
- Know where your first aid kits are located.
- Use first aid kit and appropriate PPE.
- Aid the injured worker until emergency response personnel arrive.

### *Legislation*

The number of people trained in first aid will depend on the size of your workplace, the type of work you do and the distance your workplace is from a medical facility.

For federally-regulated workplaces, [CLICK HERE](#)

For provincially-regulated workplaces, [CLICK HERE](#) (go to Part 5: First Aid on page 113)

### *Need more information? RPM can help!*

RPM offers a number of courses to help support your OHS plan. If this article was valuable to you or others at your organization, you may want to consider the following:

- [Hazard Identification and Risk Control](#): Recognizing what could injure workers on the job is the first step to ensuring that they stay safe. A proactive approach to the mitigation of workplace hazards greatly increases the chance of less severe and lower rates of injury. This course will provide students with the practical knowledge necessary to identify, assess and control the hazardous elements of their workplace so they can do their part in preventing dangerous incidents.

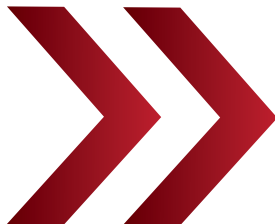
- [Workplace Inspection Training](#): This course will give people the opportunity to explain the requirements and the purpose(s) of a workplace inspection, know what you're looking for and how to identify a hazard, the process of what to do when there are inspection findings, and understand the process for implementing corrective actions and how to monitor and identify trends.

- [Emergency First Aid & CPR: Level C and AED](#): This first-aid and cardiopulmonary resuscitation (CPR) course provides the skills needed to recognize and respond to cardiovascular emergencies and choking for Adults, Children and Infants. This course is provided by RPM Safety and is suitable for workplace requirements. For those companies registered with RPM and currently working towards, or who have achieved SAFE Work Certification, there is a reduced registration fee of only \$25 for this course.



- [Safety for Supervisors](#): Targeted for middle managers and front line supervisors, the objective of this course is to ensure supervisors are provided with information, tools and resources to effectively perform their safety and health roles and responsibilities. This course will cover topics such as legal responsibilities of a supervisor, due diligence, orientation and training, and safety culture.

Please contact RPM by emailing [info@rpmsafety.ca](mailto:info@rpmsafety.ca) or calling 204-632-6600, or by visiting our website [www.rpmsafety.ca](http://www.rpmsafety.ca)



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