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TRAINING KIT

Opioids

Opioids are a highly addictive class of drugs that includes illegal substances and prescription pain medication.

Illegal substances	Prescription pain medications
Fentanyl	Buprenorphine
Heroin	Codeine
	Hydrocodone
	Hydromorphone
	Morphine
	Oxycodone

Why are opioids dangerous?

If someone takes too much of an opioid, it can cause their breathing and heart rate to slow down, decreasing the amount of oxygen to their brain and other vital organs.

This can lead to cardiac arrest and can cause brain damage, even before the person's heart has stopped beating.



What are the signs of an opioid overdose?

- Evidence of drug use nearby, like syringes or powder
- Vomiting
- Unresponsiveness or difficulty waking up
- Blue or gray coloring of lips, fingernails, or skin
- Sweating
- Small pupils

Opioids

How can you help?

Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose. It is safe to administer, even if you're not sure what drug the person took. To use naloxone:

1. Take the canister out of the box, and peel back the tab to open it.
2. Hold the canister with your thumb on the bottom of the plunger and your pointer and middle fingers on either side of the nozzle.
3. Insert the tip of the nozzle into one of the person's nostrils.
4. Press and hold the plunger down to administer the entire dose.
5. Remove the nozzle from the person's nostril, and discard the canister in the trash.

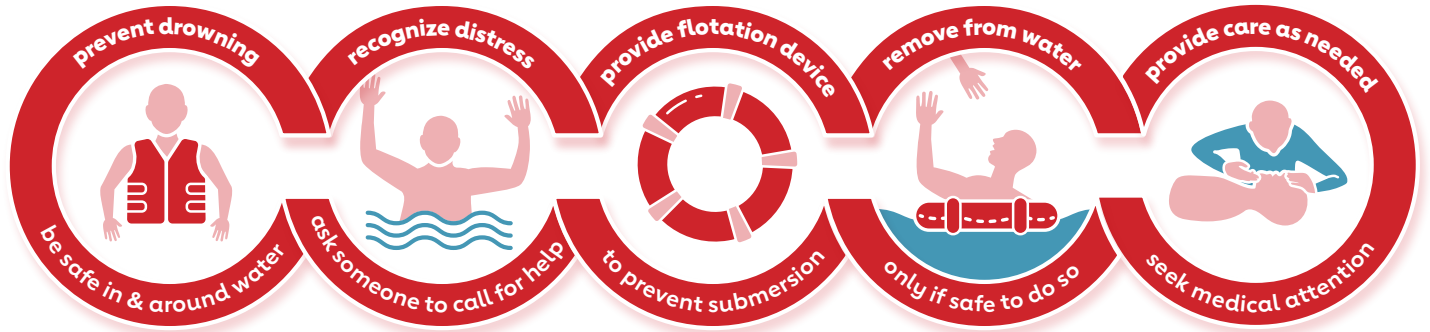
If the person doesn't respond within 2 to 3 minutes or stops breathing, you might need to give them a second dose of naloxone, in the other nostril. Each naloxone canister contains only a single dose, so you'll need another canister to give a second dose if needed.

If the person is still not responding after you've administered naloxone, start CPR and use an AED if one is available. Keep performing CPR and using the AED until someone else takes over, medical help arrives, or the person starts to respond.



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Drowning



Modified from Szpilman D, Webber J, Quan L, et al. Creating a drowning chain of survival. *Resuscitation*. 2014 Sep;85(9):1149–52, with permission from Elsevier.

Water competency is the ability to anticipate, avoid, and survive common drowning situations. It involves developing water skills, being water smart, and helping others.

Which water skills can help you avoid drowning?

- Treading water
- Floating
- Swimming
- Knowing how to enter and exit the water

How can you be water smart?

- Have pool fences
- Take swimming lessons
- Closely watch small children around water
- Wear a US Coast Guard–approved life jacket around open water, even if you’re a strong swimmer
- Never swim alone

How can you help others?

- Provide supervision around water
- Recognize a swimmer in distress
- Respond to a swimmer in distress

Drowning

How to help a struggling swimmer

1. Make sure the scene is safe, shout for help, and tell someone to call 911 and get the AED.
2. Provide the struggling swimmer with a rope, pole, or flotation device to grab on to.
 - a. The safest way to help a drowning person is to remain out of the water yourself so that you don't become another person who will need help.
3. If you're able to do it without putting yourself in danger, move the person to shallow water, ideally in a flat position with their head above water, or out of the water completely.
4. If the person isn't responding and not breathing normally, you'll need to open their airway by using the head tilt–chin lift maneuver, and then give 2 rescue breaths. If for any reason you can't give mouth-to-mouth breaths, give mouth-to-nose breaths instead.
 - a. Watch for chest rise.
 - b. Don't worry about clearing any water that the person may have breathed in—it's not necessary.
5. After giving 2 breaths, check to see if the person is responding and breathing.
6. If the person is still not responding and not breathing, they may be in cardiac arrest. It's time to **start CPR**.
 - a. Send someone to call 911 and get the AED.
 - b. Start CPR. Provide 30 compressions and 2 breaths until help arrives. If you're uncomfortable or unable to give breaths, just keep performing chest compressions.
 - c. Use the AED as soon as possible. But before you apply the AED pads, make sure that the person is out of the water and their chest is dry.
 - d. Keep performing CPR and using the AED until someone else takes over, medical help arrives, or the person starts to respond.



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Bleeding Control

The most important thing to remember is that applying pressure to an injury can stop bleeding. If you encounter someone who is bleeding, first identify the location and the amount of the bleeding.

What to do	Minor bleeding	Major, life-threatening bleeding
Check signs	Small cut or scrape	When someone loses at least 6 ounces of blood, which is equal to half of a soda can
Get help, if needed	Usually doesn't require medical help	Requires medical help
Treat	1. Put on clean, disposable gloves. 2. Clean the wound with soap and water. 3. Apply a dressing, such as gauze or a sterile pad from the first aid kit, to the wound. 4. When the bleeding has stopped, apply an adhesive bandage over the dressing.	1. Check the scene and make sure you and the injured person are safe from whatever caused the bleeding. 2. Call 911 and send someone to get a first aid or bleeding control kit. 3. Determine the bleeding source. Look for the largest source of active bleeding. 4. Apply pressure. This is the most important step to slow down bleeding. a. Put on clean, disposable gloves. b. Place a dressing over the wound and apply direct pressure by placing the palm of one hand over the dressing. c. Put your other hand on top of the first hand and press down firmly, keeping your arms straight. d. If bleeding continues, press harder. 5. Once the bleeding stops, wrap a bandage tightly over the dressing to hold it in place. If the bleeding doesn't stop, stay calm. You'll need to pack the wound and apply more pressure. 6. Grab dressings or a clean cloth from your first aid kit, and press it tightly into the wound. 7. Once the wound is packed, apply direct pressure until help arrives or the bleeding stops. 8. If an injury is located on the arm or leg, use a tourniquet if you have one.

Note: If the bleeding stops but the injury is deep or gaping, or if it was caused by something dirty, tell the injured person to get medical help as soon as possible. They may need stitches or a tetanus shot.

Bleeding Control

How to use a tourniquet

- 1.** Place the tourniquet 3 inches above where the arm or leg is bleeding (a). Never put a tourniquet on a joint, such as a knee or an elbow. Instead, go past the joint, closer to the person's heart.
- 2.** Pull the strap as tight as possible (b).
- 3.** Secure it.
- 4.** Twist the windlass rod until the bleeding stops.
- 5.** Secure the windlass.
- 6.** Note what time you applied the tourniquet.
- 7.** If this doesn't stop the bleeding, add a second tourniquet closer to the heart than the first one, and note what time you applied it.
- 8.** Leave the tourniquet in place until help arrives.



Alcohol Overdose

Each person breaks down alcohol differently depending on several factors, including

- The amount and type of alcohol they drink
- How much they've eaten
- Their weight
- Their age
- Their medical history

Stages of alcohol intoxication	Signs and symptoms
Mild	• Relaxed • Talkative
Moderate	• Emotional • Nauseated • "Out of it" • Slurred speech
Severe	• Can't make good decisions • Confused • Vomiting • Can't walk, talk, or stand up straight • Blacked out • Alcohol overdose – Passed out, difficult to wake up – Seizures – Difficulty breathing – Low body temperature – Pale or blue skin coloring – Sweating

Alcohol Overdose

How can you help someone with severe alcohol intoxication?

Check to see if the person is responsive and breathing.

- If they are, make sure they're on the ground in a seated or partially upright position.
- If the person starts vomiting, lean them forward to prevent them from choking on their vomit.
- If the person is not responding but they're still breathing, shout for help and call 911. If they haven't experienced any trauma or injuries, put them in the recovery position.

How to put someone in the recovery position

This position will help prevent choking if the person vomits.



1. Gently turn their head to the left.
2. Place their left arm at a right angle to their body.
3. Put their right hand under their left cheek.
4. Bend their right knee and roll them onto their left side.
5. Gently open their airway by using the head tilt–chin lift maneuver.
6. Check to make sure nothing is blocking the airway.
7. Closely monitor the person's breathing and level of responsiveness until medical help arrives.

If the person is not responding and not breathing normally

1. Shout for help.
2. If someone is nearby, tell them to call 911 and get an AED.
3. Start CPR. Keep performing CPR and using the AED until someone else takes over, medical help arrives, or the person starts to respond.



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Fainting

What causes someone to faint?

Fainting happens because there's not enough blood getting to the brain and may be caused by conditions such as

- Standing for too long without moving, especially in hot weather
- Standing up too quickly after sitting, squatting, or bending down
- Low blood sugar
- Dehydration
- Other medical conditions

What happens when someone faints?

A person who faints usually feels dizzy and then becomes unresponsive for a short time until blood flow to the brain gets back to normal. Then, they start to wake up and feel better. Fainting does not typically cause a person to stop breathing.

How can you help?

- Provide basic first aid if a person is injured from the fall.
- Call 911 if you need medical help.
- Do not move the person if you suspect that they have a head or spinal injury.

If you're helping a person who is dizzy but still responding to you, do the following:

- Help them sit or lie flat on the floor.
- If they're sitting, tell them to bend forward and put their head near their knees to increase blood flow to the brain. Don't let them get up too quickly—this may cause them to faint again.
- If the person continues to feel dizzy or faints more than once, call 911.

If the person is not responding and not breathing normally, shout for help. If someone is nearby, tell them to call 911 and get an AED. Then, start CPR and use the AED until someone else takes over, medical help arrives, or the person starts to respond.



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Seizures

A seizure is abnormal electrical activity in the brain.

What does a seizure look like?

Someone having a seizure may stiffen and lose consciousness, often losing muscle control and collapsing to the ground. The person's arms and legs might jerk violently, or their whole body may shake. Some people might stop responding and have a glassy-eyed stare, as if they're daydreaming.

What causes a seizure?

- Head injury
- Low blood sugar
- Heat-related illness
- Poisoning
- Cardiac arrest
- Other triggers

How can you help?

The most important thing you can do for a person who is having a seizure is to protect them from hurting themselves during the seizure.

- If you can do so safely, gently lower the person to the floor.
- Never hold them down or put anything in their mouth.
- Move furniture and any other objects out of their way.
- If you can, place something soft, like a towel or jacket, under the person's head.

What should you do when the seizure is over?

Check to see if the person is responsive and breathing.

- If they're not responding and not breathing normally or are only gasping, call 911 and start CPR right away.
- If the person is breathing, it's very common for them to be slow to respond, feel confused, or even fall asleep after a seizure. If they don't have a head or spinal injury, have them lie on their side.



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Seizures



Call 911 if

- The person has never had a seizure before
- The seizure lasts longer than 5 minutes
- The person does not return to normal within 5 to 10 minutes
- Another seizure occurs soon after the first one
- The person has difficulty breathing or staying awake after a seizure
- The person has an injury
- The seizure happened in water
- The person has other known health conditions like diabetes or heart disease, or they're pregnant



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Allergic Reactions

What causes an allergic reaction?

- Medications
- Insect bites and stings, especially bee stings
- Food such as dairy, nuts, and seafood



What are the symptoms of a severe allergic reaction?

- Trouble breathing
- Swelling of the tongue and face
- Fast heartbeat
- Nausea
- Dizziness

How can you help?

When someone has a severe allergic reaction, they need help fast.

- Call 911.
- Get a first aid kit.
- Get an AED.
- In severe allergic reactions, use the person's epinephrine autoinjector as soon as possible, if they have one.

Allergic Reactions

How to use an epinephrine autoinjector

- 1.** Hold the autoinjector in your fist without touching the tip, where there's a needle.
- 2.** Press the tip of the autoinjector hard against the side of the person's thigh, about halfway between the hip and the knee.
- 3.** Give the shot through clothes or on bare skin. Hold the leg still while the needle is in place.
- 4.** Pull the autoinjector straight out, making sure you don't touch the needle.
- 5.** Rub the spot where the shot was given for about 10 seconds.

When medical help arrives, tell them what time you gave the medicine, and give them the epinephrine autoinjector for proper disposal.

If the person doesn't get better, or if medical help doesn't arrive within 5 to 10 minutes after being called, consider giving a second dose of epinephrine if there's one available. Watch for signs of cardiac arrest and be ready to start CPR if needed.



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Asthma

Asthma is a lung condition in which the airways become swollen and narrow.



What are the symptoms of asthma?

- Coughing
- Wheezing
- Trouble breathing

These symptoms can be brought on by increased physical activity, allergies, poor air quality, or infections.

When these symptoms get worse, it's called an *asthma attack*.

What does an asthma attack look like?

- Very fast or slow breathing
- Wheezing (sounds like whistling as they breathe)
- Difficulty talking or walking
- Bluish or gray coloring to their skin, lips, or fingernails

How can you help?

If the person is struggling to breathe, call 911 right away.

If the person is having an asthma attack, you may need to help them with their rescue inhaler, if they have one.

Asthma

How to use a rescue inhaler

- 1.** Remove the inhaler cap (a), and shake the inhaler well.
- 2.** Have the person breathe out all the way (may be difficult during an asthma attack).
- 3.** Have the person seal their lips around the mouthpiece of the inhaler (or spacer, if one is used*). As they start to breathe in, press down on the inhaler canister once (b).
- 4.** Have them breathe in slowly and as deeply as they can for about 5 to 10 seconds.
- 5.** Tell them to hold their breath while you count to 10 to allow the medication to reach their lungs.
- 6.** Repeat these steps for each puff (usually 2) as indicated on the inhaler or on the asthma action plan.

If the person is not responding and not breathing normally, shout for help. If someone is nearby, tell them to call 911 and get an AED. Then, start CPR and use the AED until someone else takes over, medical help arrives, or the person starts to respond.

*Some inhalers come with a spacer or chamber. This is a tube that attaches to the inhaler and helps the person get more of the medication into their lungs. If one of these devices is available, attach it to the mouthpiece of the inhaler and repeat the steps.





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Concussion

A concussion happens when the head or the body is hit so hard that the brain moves forcefully inside the skull. This causes chemical changes in the brain and, sometimes, damage to brain cells.

One way to prevent a concussion is by wearing a helmet during contact sports and activities such as biking, skateboarding, and horseback riding.

What causes a concussion?

- Hard hit to the head
- Falling from high up
- Being in a car or bike crash



What are the signs and symptoms of a concussion?

- Stunned or confused appearance
- Dizziness
- Trouble moving
- Headache or pressure in the head
- Nausea
- Vomiting
- Double or blurry vision
- Light or noise sensitivity
- Personality changes
- Trouble concentrating
- Memory problems

If these symptoms worsen or the person has a seizure or loses consciousness, call 911 right away.



Concussion

How can you help?

Instruct the person to stop all physical activity immediately. They shouldn't return to normal daily activities until they've been seen by a health care professional.

If the person is not responding and not breathing normally, shout for help. If someone is nearby, tell them to call 911 and get an AED. Start CPR and use the AED until someone else takes over, medical help arrives, or the person starts to respond.



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Diabetes

Diabetes, also known as *high blood sugar*, is a disease that affects the way the body processes food and turns it into energy.

People with diabetes produce little to no insulin, a hormone that the body uses to lower blood sugar as needed after meals.

Blood sugar levels that are too high or too low can cause serious health problems.

Insulin therapy and other medications can be used to lower blood sugar.

What causes low blood sugar in a person with diabetes?

- Exercise
- Not eating enough
- Vomiting
- Extremely hot weather
- Taking too much diabetes medication
- Puberty



What are the signs and symptoms of low blood sugar?

- Confusion
- Weakness
- Shakiness
- Sweating
- Seizures (in severe cases)

Diabetes

How can you help?

- If you suspect that someone has low blood sugar, help them sit down slowly if they're standing.
- If they're responding to you and can sit up and swallow, have them eat or drink something with sugar. Glucose tablets, granola bars, fruit snacks, juice, candy, and whole milk are good for raising blood sugar levels.
 - If they can't sit up or swallow, don't force them. Have them sit or lie down. Don't try to give the person anything to eat or drink. If the person doesn't get better within 10 minutes, their blood sugar is likely very low and you should call 911.
 - If the person is not responding and not breathing normally, shout for help. If someone is nearby, tell them to call 911 and get an AED. Then, start CPR and use the AED until someone else takes over, medical help arrives, or the person starts to respond.



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Overuse Injuries

Overuse injuries happen over time from repetitive use of a body part.

Common areas for overuse injuries

- Elbow
- Shoulder
- Knee
- Shin
- Heel



What are the signs and symptoms of overuse injuries?

- Decreased performance
- Pain (slow-onset, aching pain or pain without a direct injury)
- Swelling
- Fatigue
- Stiffness

Pain is a warning sign from your body, so don't ignore it!

If you think you have an overuse injury, consider reducing the duration, intensity, and frequency of an activity for a period of time. You could also try a modified workout schedule while your body recovers.

Treatments for overuse injuries

- Rest
- Ice packs
- Compression
- Elevation
- Over-the-counter anti-inflammatory medications (acetaminophen and ibuprofen)

If the injury is not improving with these strategies, you should go to a health care professional for further evaluation.



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Heat-Related Illnesses

Heat-related illnesses can come on quickly, and the longer they go untreated, the more serious they can get.

The best way to prevent heat-related illnesses is by drinking and eating enough to stay hydrated, especially during increased physical activity. Always keep water with you!

What are heat-related illnesses?

- Dehydration
- Heat cramps
- Heat exhaustion
- Heat stroke

Dehydration

Dehydration happens when a person doesn't drink enough water or loses too much water or fluids through sweating, vomiting, diarrhea, or fever.

What are the signs and symptoms of dehydration?

- Weakness
- Thirst
- Dry mouth
- Chapped lips
- Dizziness
- Confusion
- Less urination than usual

How can you help?

- Offer a cold drink, preferably with electrolytes.
- Move the person to a shady, cool place to rest.



Heat-Related Illnesses

Heat Cramps

Heat cramps are painful muscle spasms that often occur in the calves, arms, stomach, and back.

How can you help?

- Tell the person to stop all activity, and offer them a sports drink, juice, or water.
- If they can tolerate it, apply a bag of ice and water wrapped in a towel to the cramping area.

If someone with dehydration or heat cramps doesn't improve, they could experience heat exhaustion.

Heat Exhaustion

What are the signs and symptoms of heat exhaustion?

- Muscle cramps
- Headache
- Nausea
- Vomiting
- Dizziness
- Feeling weak or tired

How can you help?

- If someone is showing signs of heat exhaustion and is responsive, have them drink a sports drink, juice, or water, and have them lie down in a cool, shaded place.
- Remove as much of the person's clothing as possible and cool them with a cold-water spray. If a cold-water spray isn't available, place cool, damp cloths on their neck, armpits, and groin.
- If the person doesn't get better, call 911.

Heat exhaustion can quickly lead to heat stroke, a life-threatening condition.

Heat-Related Illnesses

Heat Stroke

Heat stroke and heat exhaustion have a lot of similar signs, but a person experiencing heat stroke will also have more serious symptoms like

- Slurred speech
- Confusion
- Agitation
- Seizures

How can you help?

If you think someone is experiencing heat stroke, call 911 and send someone to get an AED, if there's one nearby.

If the person is responding and breathing normally, start cooling them down immediately—every minute counts!

- Spray the person with cool water or
- Apply ice packs wrapped in a towel to their neck, groin, and armpits or
- Put them in cool water up to their neck

If the person starts behaving normally again, stop cooling them. Continuing to cool them at this point could lead to a dangerously low body temperature.

If the person stops responding or is not breathing normally, start CPR and use an AED right away.

Anyone who experiences heat exhaustion or heat stroke should be seen by a health care professional before resuming normal daily activities.



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Spinal Injuries

Damage to the spinal cord can cause loss of feeling, function, and mobility in different parts of your body, which is why spinal injuries are so serious.

Causes of spinal injuries

- Diving into a pool or water with hazards
- Car or bicycle accidents
- Falling from high up



What are the signs of a head or spinal injury?

- Not be fully alert
- Feel tingling or weakness in the arms, legs, hands, or feet
- Have pain in their head, neck, or back
- Unable to move a part of the body

How can you help?

- Call 911 right away and do not move the person.
- If you have to move someone with a spinal injury out of danger, you can drag the person by their clothes while keeping their head and spine aligned.
- If you have to turn the person for CPR or because they are having trouble breathing, are vomiting, or have fluids in their mouth, you should carefully roll them, making sure their head, neck, and body remain in alignment.

If the person is not responding and not breathing normally, shout for help. If someone is nearby, tell them to call 911 and get an AED. Then, start CPR and use the AED until someone else takes over, medical help arrives, or the person starts to respond.



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Sprains, Strains, and Fractures

- *Sprain*: when a ligament, which is thick, tough tissue that connects 2 bones, is stretched or torn
- *Strain*: when a muscle or a tendon, which attaches a muscle to a bone, is stretched or torn
- *Fracture*: when a bone is broken

How can you help?

- If the person has injured an arm or a leg, keep the limb still until they can be seen by a health care professional.
- If the arm or leg is bent awkwardly or otherwise looks out of place, don't try to straighten it. Keep it still and protect the injury until the person can be seen by a health care professional.
- If a broken bone has come through the skin, call 911 for help.
- If the person is bleeding a lot, apply direct pressure to the injury while you call 911.



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Calling 911

Even if you're unsure whether you should call 911, call anyway! The 911 dispatcher will help you determine whether emergency assistance is needed.

You won't get in trouble for calling 911.

If you're using a cell phone, put it on speaker mode so that your hands are free to perform CPR. The 911 dispatcher can help you remember how to perform CPR.

During the call, the 911 dispatcher will ask you questions so they can assess the situation and send the right people to help—whether it's police, the fire department, or medical help.



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Hands-Only CPR

Hands-Only CPR is also known as *compression-only CPR*.

Hands-Only CPR involves calling 911 and performing chest compressions by pushing hard and fast in the center of the chest:

- Provide compressions at a depth of at least 2 inches (5 cm).
- Provide compressions at the rate of 100 to 120 compressions per minute.
- Allow the chest to return to its normal position after each compression.
- Don't stop performing compressions for more than 10 seconds at a time.

How to perform Hands-Only CPR

- 1.** Make sure the scene is safe. Look around for anything that could hurt you. You can't help someone if you're hurt too.
- 2.** Check for responsiveness by tapping the person's shoulders and shouting, "Hey! Are you OK? Are you OK?"
 - a.** Someone who is responsive moves, speaks, blinks, or reacts when you do this.
- 3.** If they're not responding, shout for help. Shout, "Help! Somebody help me! You! Call 911. You! Get an AED, quickly!"
 - a.** If you were alone in this situation, you'd have to call 911 and get an AED yourself. If you were alone with an infant or a child, you'd perform 5 sets of 30 compressions and 2 breaths before leaving them to call 911 and get an AED yourself.
 - b.** If you can't access a phone or an AED, do not wait to start CPR.
- 4.** Check for breathing. Watch their chest for at least 5 but no more than 10 seconds to see if it rises.
 - a.** A person in cardiac arrest will not be breathing normally and may be only gasping. Gasps may appear forceful or weak, and some time may pass in between them. Gasps may sound like a snort, a snore, or a groan.
- 5.** If they're not breathing, start Hands-Only CPR immediately!



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Choking



What happens when someone chokes?

Choking happens when something gets stuck in the airway and makes it hard to breathe.

When is choking serious?

If the person can't

- Cough
- Talk
- Breathe

Choking

How to help someone who is choking

Perform abdominal thrusts:

1. Step behind the person and wrap your arms around the person's waist with your hands in front.
2. Make a fist with one hand.
3. Place your fist, thumb against the person, just above the belly button and well below the breastbone (a).
4. Grab your fist with your other hand (b).
5. Give quick inward and upward thrusts to the abdomen until the object clears (c).



What if you're able to clear the blockage?

Have the person see a health care professional as soon as possible.

What if the person becomes unresponsive?

- Call 911 and start CPR with breaths right away. Compressions and breaths can dislodge the object the person is choking on.
- Look in the mouth before giving each set of breaths so that if the object is dislodged, it doesn't go back down.
 - If you can see the object, take it out.
 - If you can't see anything, don't reach in. That can make things worse.

Special considerations

- If the choking person is shorter, you may need to kneel down.
- If the person is larger, pregnant, or in a wheelchair and you can't get your arms around them:
 - Put your arms under their armpits.
 - Place one fist, thumb side, in the middle of the chest on the lower half of the breastbone. With your other hand, grab the fist.
 - Pull straight back to give chest thrusts instead of abdominal thrusts.