

Instructions

OBSTRUCTION IN THE AIRWAYS

Esa Juntunen



1. Strike your palm between the shoulder blades five times.

- Support the person's body and bend their upper body downwards.
- The goal is to get their head below the middle of the body.

2. If this is not helping, call 112.

- Put the phone on speaker.
- You can also ask someone else at the site to make the emergency call.

3. Perform abdominal thrusts

- Stand behind the person and place one fist below their diaphragm.
- Grab your fist with your other hand.
- Pull your hands sharply inwards and upwards.
- Repeat five times, if necessary.

4. If the obstruction is not removed, alternate between five strikes between the shoulder blades and five abdominal thrusts until the obstruction is removed.

5. If the person loses consciousness, start resuscitation.