

# Choking on the Road

If you are operating a vehicle, your attention should be directed towards safely operation of the vehicle. This includes safely maneuvering around or avoiding other vehicles, pedestrians, animals and objects on the road.

If you are operating a vehicle and someone begins to choke, you most likely will not notice the **signs**. If you do notice, it may be too late! Any blockage in one's airway must be removed immediately! **If a blockage is not removed, one's heart will stop beating in four to five minutes.**

Before you make the decision to allow passengers to eat in a vehicle, ask yourself HOW you will safely operate a vehicle while simultaneously.....

Providing proper support and supervision needing during mealtimes **and** observing for signs of choking and IMMEDIATELY implementing life-saving measures

If you notice that someone may be in distress, you CANNOT intervene UNTIL you are able to.....

Locate a safe area to pull off the road & exit the vehicle **and** remove the individual from the vehicle in order to implement life-saving measures

**Signs** that someone may be choking:

- SILENCE!
- One or both hands clutched to the throat
- A look of panic, shock or confusion
- Inability to talk
- Strained, noisy, or squeaky breathing sounds
- Cough, which may either be weak or forceful
- Skin, lips and nails that change color turning blue or gray
- Loss of consciousness

**There is no safe way to help someone choking in a car.**

**Avoid injury and death by not eating while in a moving vehicle**