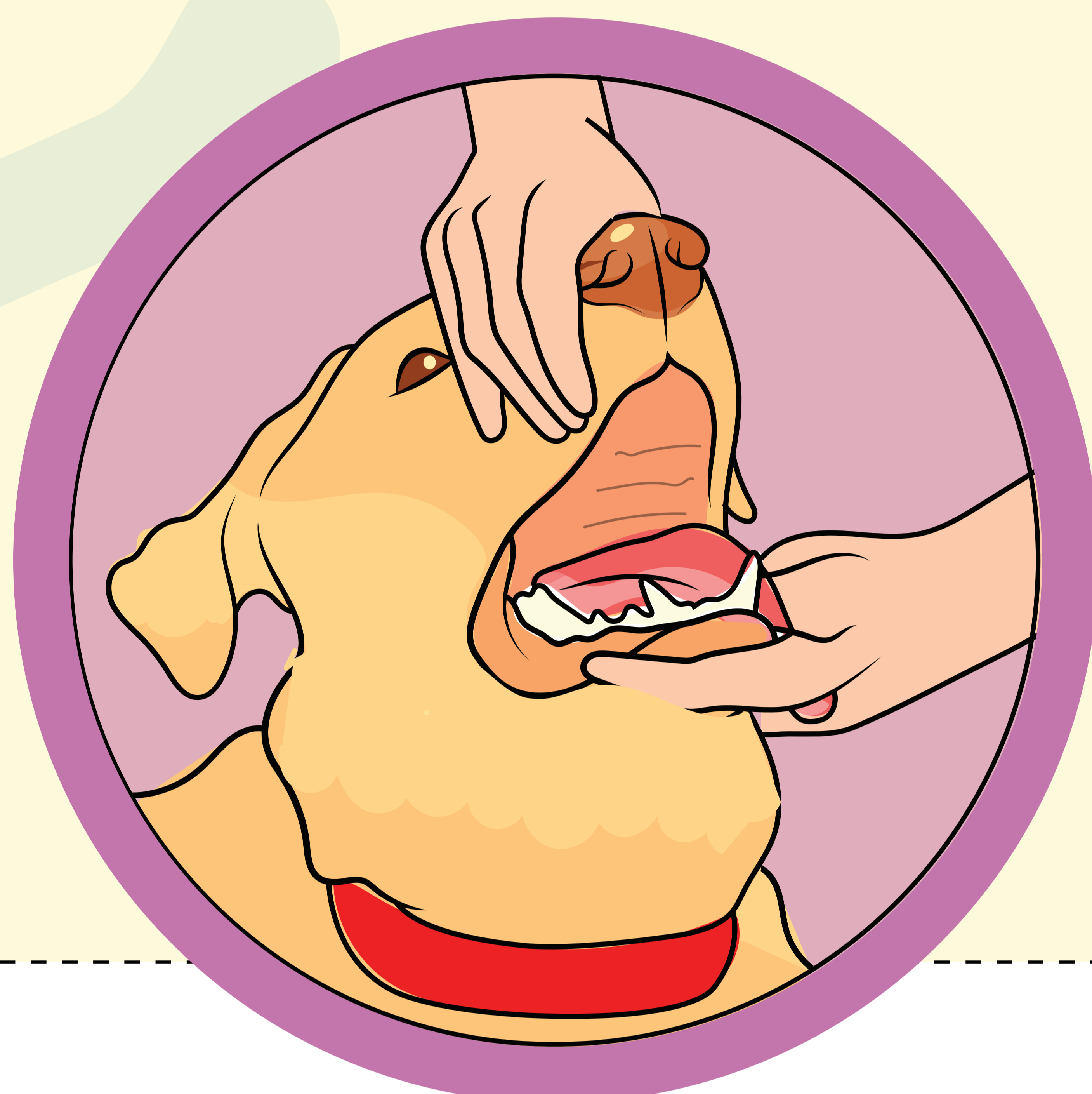
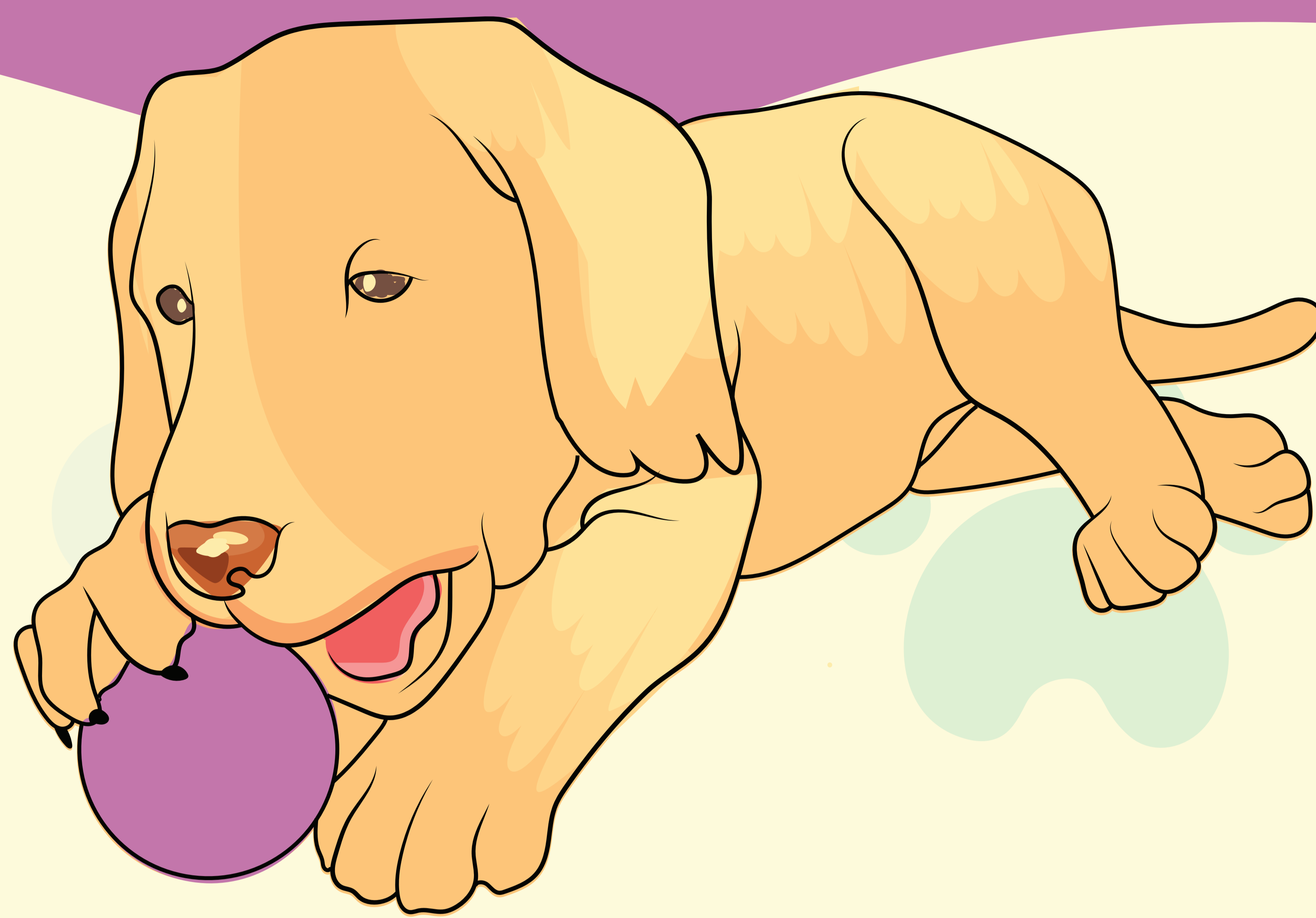


# PET + CARE

## CHOKING AND CPR

### A CHOKING PET

If your pet is choking, it is imperative you take immediate action to try and dislodge the object. You'll know your pet is choking because, like people, your pet will gag, retch and cough to try and expel the object. If you suspect choking you might not have time to make it to your veterinarian, so instead take action with these techniques.



**First, open your pet's mouth and sweep from side to side to see if you can dislodge the object. Be careful not to get bitten or push the object further into the throat.**



**OPTION 1**

*To aid your pet's efforts of coughing up the object first remove the collar. Try and lift your pet by the hind legs and hold him up vertically with the head facing down, like a wheelbarrow. This position may dislodge the object.*



**OPTION 2**

*Try the pet Heimlich maneuver. With your pet standing or lying down, place your arms around the waist. Close your fist and place it on the underside of the torso, where the ribs end just below the sternum. Compress the abdomen by pushing up with your fist 5 times, in rapid succession. Alternate with CPR if your pet is not breathing.*



**OPTION 3**

*As a final solution, try administering a "sharp blow" with the palm of your hand between your pet's shoulder blades. Then go back to repeating the abdominal compressions (Option 2). Sweep the mouth again for the object. Once dislodged, seek veterinary help immediately.*

### CPR & CHEST COMPRESSIONS

Only perform CPR if your pet is not breathing! Do not attempt on a conscious animal. Always follow the ABC order (check **AIRWAY, BREATHING, CIRCULATION**) when performing CPR on your pet.

**AIRWAY:** Lay your pet on its side and open the airway by extending the head and neck, until the neck is straight.

**BREATHING:** Hold your pet's mouth shut and forcefully blow with your mouth over their nose- just enough to make your pet's chest rise.

**CIRCULATION:** If there is no pulse or heart beat, perform chest compressions and alternate with breathing.

**DID YOU KNOW?** 60% of animal hospital visits are an emergency, but 1 out of 4 pets could be saved if just a single pet first aid technique was applied prior to seeking veterinary treatment. <sup>1</sup>



*Repeat four or five times, then check to see if your pet begins to breathe on their own.*

*If your pet is not breathing, or breathing is shallow, continue assisted breathing for a maximum of 20 minutes.*



*Stand or kneel behind your pet with your arms extended, and your hands cupped. and place your palms over the point on the chest behind the elbow.*

*Compress the chest 1-3", keeping the elbows locked and arms straight.*

*Do 3-5 compressions to one breath. Alternate chest compressions with breaths and check for a pulse after each minute.*

<sup>1</sup> Brown-Farris, Casey: "Pet First Aid and CPR." Go Dog Academy, n.d. Web. (<http://www.godogusa.com/FirstAid.html>)



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