**EMERGENCY CARE FOR CHOKING**

**CONSCIOUS VICTIM**

1. Give quick upward pressure on the back of the victim’s neck. This position opens the airway and can help to dislodge the object.

2. Check the victim’s conscious state. If the object is dislodged, have the victim cough or swallow a few times to clear the throat.

3. Check the victim’s breathing and feel for a pulse. If breathing stops, begin CPR. If the heart stops beating, begin CPR. If the victim begins to breathe, continue CPR until help arrives.

**UNCONSCIOUS VICTIM**

1. Lay the victim on their back and loosen any clothing around the neck.

2. Check the victim’s conscious state. If the object is dislodged, have the victim cough or swallow a few times to clear the throat.

3. Check the victim’s breathing and feel for a pulse. If breathing stops, begin CPR. If the heart stops beating, begin CPR. If the victim begins to breathe, continue CPR until help arrives.

**If you are alone and the victim is conscious,** call 911 or your local emergency number. If you are not alone and the victim is conscious, help the victim call 911 or your local emergency number. If you are alone and the victim is unconscious, see “Unconscious Victim.” If you are not alone and the victim is unconscious, help the victim call 911 or your local emergency number. If you are alone and the victim is unconscious and you cannot reach 911, ask someone else to call 911 or your local emergency number. If you are not alone and the victim is unconscious and you cannot reach 911, ask someone else to call 911 or your local emergency number.

**TOXIC? YOU HAVE THE RIGHT-TO-KNOW!**

**ABOUT TOXIC SUBSTANCES IN YOUR WORK AREA**

**MATERIAL SAFETY DATA SHEETS**

 MSDS describe the characteristics, safe handling, and hazards of toxic substances; MSDS should be readily available in the workplace. You, as a worker, may request a copy of MSDS for the toxic substance(s) to which you are exposed. When you pick up MSDS, look over the safety data sheet and all hazard information. If the MSDS identifies any specific hazards, an explanation of the hazards and protective measures to reduce their effects should be included. If you have any questions regarding your rights, you may call: (217) 782-9386 (Downstate) or (312) 793-1964 (Chicago). The version of the MSDS for a specific substance may change. If you are presented with an MSDS, always check to make sure that it is the most recent version available.

**RIGHT TO KNOW**

You have the right to know and be able to prevent or minimize the potential hazards for your health and safety from exposure to toxic substances. You are entitled to receive training in the safe use of toxic substances. You have the right to request from your employer the MSDS for substances with which you are exposed on the job. If you have any questions regarding your rights, you may call: (217) 782-9386 (Downstate) or (312) 793-1964 (Chicago).

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**EMOTIONAL/PHYSICAL ABUSE**

Employer has not complied with Right-to-Know, or if you have a question, you may call: (217) 782-9386 (Downstate) or (312) 793-1964 (Chicago). In Illinois, emotional/physical abuse is a form of workplace discrimination and is prohibited by state law. If you are a victim of emotional/physical abuse, the Illinois Department of Labor has posted this notice to inform employees of their rights under the Illinois Civil Rights Act of 1991. If you have a question, you may call: (217) 782-9386 (Downstate) or (312) 793-1964 (Chicago).