

Choking readiness: 15 questions, explained



Prevention. Preparation. Product handling.

Use this illustrated answer guide with the current instructions for your exact model and recognized first-aid training. In the U.S., call 911 for a choking emergency and follow dispatcher guidance. Do not delay standard care to find or assemble a device.

Version 1.0 · October 2, 2026. Product details checked against the final FAC01 and FAC02 manuals. This learning resource is not a skills qualification and has not received independent clinical review.

What should you do when your device arrives?

- A. Store it without checking the contents.
- B. Read the instructions, check the contents and complete the permitted practice before storing it ready for use.
- C. Try its suction on a family member.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: B. Before an emergency, read the instructions, identify the parts, inspect the kit and learn assembly. The manuals call for initial familiarization and practice. Check for damaged packaging or components and follow all packaging precautions. Never test suction on a healthy person.

Prepare now: Read the current instructions and complete the permitted preparation.

Source: Fitiger final User Manuals FAC01 / FAC02, V1 (July 23, 2026): precautions, intended use and preparation

What if the mask is deformed, damaged or has a leaking air cushion?

- A. Tape over the damage and put it back.
- B. Ignore the problem if the connector still fits.
- C. Contact product support and obtain the appropriate replacement before relying on the kit.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: C. Both manuals say to replace a damaged or deformed mask or a leaking mask air cushion. Do not tape a damaged mask or rely on an uncertain seal. Contact Fitiger support if inspection raises a concern. Do not invent a leak test on a person.

Prepare now: Check component condition and resolve damage or suspected leaks.

Source: Fitiger final User Manuals FAC01 / FAC02, V1 (July 23, 2026): precautions, intended use and preparation

How should you prepare and practice before an emergency?

- A. Read the model instructions and use an appropriate training manikin; never practice suction on a healthy person.
- B. Try suction on a healthy family member.
- C. Store the kit without learning the assembly.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: A. Learn the setup and handling before an emergency using an appropriate training setup. The manuals prohibit use on a person who is breathing normally. Masks are single-use: do not return a used practice mask to the emergency kit as an unused rescue mask. Restore the kit with suitable, undamaged components.

Prepare now: Learn assembly and use a suitable manikin for practice; keep replacement masks ready.

Source: Fitiger final User Manuals FAC01 / FAC02, V1 (July 23, 2026): precautions, intended use and preparation

Where should a household choking-response kit be kept?

- A. Behind stored items in a distant room.
- B. In a fixed, marked place caregivers can reach quickly, within labeled storage conditions.
- C. Where only one family member knows to look.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: B. Choose a location near the usual eating area if storage requirements allow. Keep it protected from children playing with it, and show every adult caregiver the location.

Prepare now: Agree on a storage location and show all adult caregivers.

Source: Fitiger · home and travel preparation

Which eating habit helps reduce choking risk?

- A. Eat quickly so food is finished sooner.
- B. Talk or laugh while your mouth is full.
- C. Eat at a comfortable pace and finish chewing and swallowing before talking.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: C. Rushing food and talking or laughing with food in the mouth can increase choking risk. Match food preparation and supervision to the person's needs.

Prepare now: Review safer eating habits with everyone who shares meals.

Source: American Red Cross · adult and child choking

How do you choose a mask?

- A. Check intended users and choose a compatible mask that fits as directed.
- B. Use the largest mask for everybody.
- C. Use any mask that connects.



Illustration from the final Fitiger user manual. Read the full instructions for your model.

Correct answer: A. The final manuals specify patients aged 1 year and older and operators aged 18 or older. Select a compatible mask that covers the nose and mouth and can form the required seal; an age label alone does not prove fit. Do not use these devices on infants under 1 year. Read the full indications and contraindications.

Prepare now: Check the model's intended users and compatible mask selection.

Source: Fitiger final User Manuals FAC01 / FAC02, V1 (July 23, 2026): precautions, intended use and preparation

How should the mask connector be secured to the main unit?

- A. Insert it gently and stop as soon as it touches the opening.
- B. Push the connector firmly into the opening while twisting back and forth until it cannot go farther; check for looseness.
- C. Leave a gap so the mask can move easily.



EasyPumpVac



FoldPumpVac

Illustration from the final Fitiger user manual. Read the full instructions for your model.

Correct answer: B. Align the mask connector with the opening. Hold the parts securely, push the connector firmly into the main unit while twisting back and forth, and continue until no further insertion is possible. It must be tight. If it slides in with little resistance or remains loose, do not use it; replace the component or contact support.

Prepare now: Review the firm push-and-twist assembly and check that the connection is tight.

Source: Fitiger final User Manuals FAC01 / FAC02, V1: section 4.1: mask assembly

Does a fully seated connector also confirm the facial seal?

- A. Yes, there is no separate fit check.
- B. No. The device connection and the mask-to-face seal are separate checks.
- C. Yes, as long as the largest mask is used.



Illustration from the final Fitiger user manual. Read the full instructions for your model.

Correct answer: B. A tight connector prevents separation at the device. A facial seal requires a correctly selected mask held over both nose and mouth. The two checks address different parts of the setup; a tight connector alone cannot show that the mask seals against the face.

Prepare now: Learn both the connector check and the facial-seal requirement.

Source: Fitiger final User Manuals FAC01 / FAC02, V1: section 4.2: operation and warnings

What position do the EasyPumpVac and FoldPumpVac instructions show for device use?

- A. Seated upright with the mask held away from the nose.
- B. Standing while another person pulls the device.
- C. Lying on the back on a hard surface, with positioning as directed in the manual.

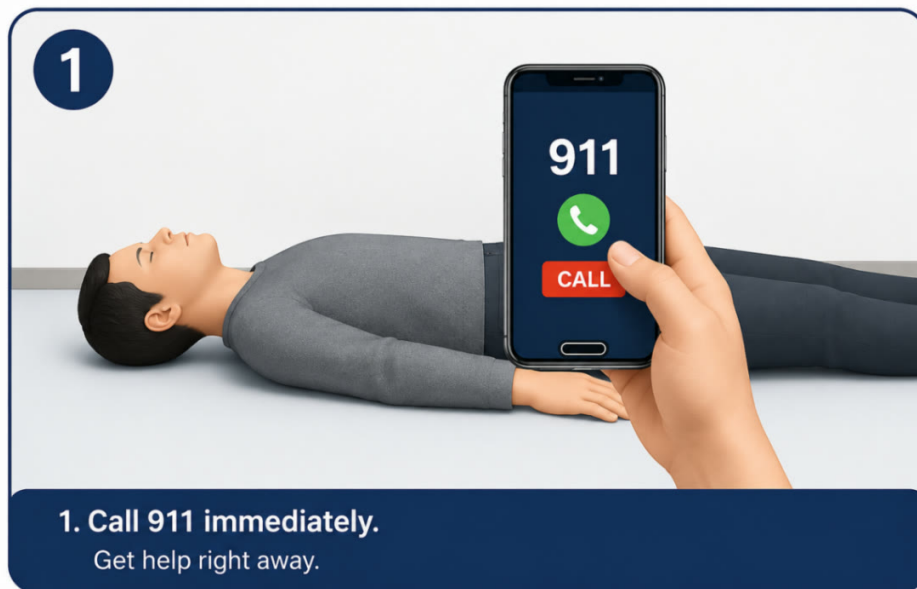


Illustration from the final Fitiger user manual. Read the full instructions for your model.

Correct answer: C. Both manuals show the person lying on the back on a hard surface. They describe a slight head tilt and chin lift before positioning the mask over the nose and mouth. This is the device-specific step after unsuccessful standard choking first aid. The manuals warn against use with head, neck, face or back trauma. Do not delay emergency care to reposition or find equipment.

Prepare now: Review the supine-position illustration and the contraindications for your exact model.

Source: Fitiger final User Manuals FAC01 / FAC02, V1: section 4.2: operation and warnings

How are the mask and handle held during the suction step?

- A. Use one hand to maintain the mask seal and the other to pull the grip or handle as shown for the model.
- B. Lift the mask away while pulling.
- C. Pull the mask connection rather than the grip or handle.



EasyPumpVac



FoldPumpVac

Illustration from the final Fitiger user manual. Read the full instructions for your model.

Correct answer: A. One hand holds the mask firmly against the nose and mouth to maintain the seal. The other pulls the EasyPumpVac grip or FoldPumpVac handle as shown in the model instructions. The device designs differ, so study the matching illustration. Follow the complete manual and emergency dispatcher guidance.

Prepare now: Identify the seal-holding hand and the pull grip on your own model.

Source: Fitiger final User Manuals FAC01 / FAC02, V1: section 4.2: operation and warnings

A person can still cough strongly, speak and breathe. What comes first?

- A. Immediately use a device.
- B. Immediately start abdominal thrusts.
- C. Encourage coughing, stay with them and watch for deterioration.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: C. Be ready to act if the cough becomes weak or the person cannot speak or breathe.

Prepare now: Review the difference between an effective cough and severe choking.

Source: American Red Cross · adult and child choking

With another person present, how should you respond to severe choking?

- A. Have one person call 911 while another starts the appropriate standard choking response.
- B. Everyone searches for a device before providing care.
- C. Wait for emergency responders without starting care.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: A. Ask the other person to call 911 while appropriate standard choking first aid starts immediately. For responsive adults and children aged 1 or older, the Red Cross describes back blows followed by abdominal thrusts, with adaptations for pregnancy or an abdomen you cannot encircle. Follow your training and dispatcher guidance.

Prepare now: Agree who calls 911 and who starts care; arrange age-appropriate training.

Source: American Red Cross · adult and child choking

Where does a suction anti-choking device fit in the response?

- A. Before any standard choking first aid.
- B. As a possible second option after standard measures are unsuccessful, within its instructions and intended use.
- C. As a reason to postpone calling for help.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: B. Follow established choking first aid first. FDA guidance says suction devices may be a second option if standard protocols are unsuccessful. Both Fitiger manuals specify this sequence for complete foreign-body obstruction. Device preparation must not delay emergency help or needed CPR. This does not state FDA authorization for a Fitiger device.

Prepare now: Review standard first aid and the device's role before an emergency.

Source: FDA · established choking rescue protocols

The person becomes unresponsive and is not breathing normally. What next?

- A. Keep trying the device before starting anything else.
- B. Keep the person standing.
- C. Begin age-appropriate CPR, ensure emergency help is activated and follow dispatcher guidance.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: C. Lower the person to a firm, flat surface and begin CPR, starting with compressions, according to your training and dispatcher guidance. When checking the mouth, remove an object only if you can see it; never make a blind finger sweep. Get an AED if available.

Prepare now: Refresh CPR and AED training appropriate to the people you care for.

Source: American Heart Association: 2025 Adult Basic Life Support guideline

What should happen after the device is used in an actual emergency?

- A. Follow the model's post-use instructions, including required replacement or reprocessing, before restoring the kit.
- B. Put it straight back if it looks clean.
- C. Assume every part can be reused.



AI-created learning illustration; a conceptual scene, not a product photograph or a complete first-aid demonstration.

Correct answer: A. Seek medical assessment after a choking event and follow emergency advice. The manuals specify single-use masks: replace a used mask. Follow the main-unit cleaning instructions. If foreign material enters the main unit, the manuals say to discard the device. Do not assume a clean-looking component is ready for reuse.

Prepare now: Arrange medical follow-up and replace or clean components exactly as the manual requires.

Source: Fitiger final User Manuals FAC01 / FAC02, V1: section 7: cleaning, storage and disposal

Sources and learning notes

American Red Cross · adult and child choking

<https://www.redcross.org/take-a-class/resources/learn-first-aid/adult-child-choking>

American Red Cross · infant choking

<https://www.redcross.org/take-a-class/resources/learn-first-aid/infant-choking>

FDA · established choking rescue protocols

<https://www.fda.gov/medical-devices/safety-communications/update-fda-encourages-public-follow-established-choking-rescue-protocols-fda-safety-communication>

American Heart Association: 2025 Adult Basic Life Support guideline

<https://cpr.heart.org/en/resuscitation-science/cpr-and-ecc-guidelines/adult-basic-life-support>

Fitiger final User Manuals FAC01 / FAC02, V1 (July 23, 2026): precautions, intended use and preparation

Fitiger final User Manuals FAC01 / FAC02, V1: section 4.1: mask assembly

Fitiger final User Manuals FAC01 / FAC02, V1: section 4.2: operation and warnings

Fitiger final User Manuals FAC01 / FAC02, V1: section 7: cleaning, storage and disposal

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