

CHOKING

Choking is one of the most common breathing emergencies and can be frightening for both the casualty and the helper. Acting immediately is vital to clear the airway and help them breathe again.



Important Actions!

Recognise



Signs may include:

- Difficulty speaking and breathing
- Coughing / gagging
- Clutching their throat
- Face changing colour

Coughing



If the airway is only partially blocked, stay calm and encourage them to keep coughing.

Unresponsive



If the casualty becomes unresponsive, help them to the floor, call an ambulance, and start CPR immediately.

Treating Severe Airway Obstruction on an Adult

Check



Encourage the casualty to cough.

Check inside their mouth and remove any obvious obstruction if you can.

Back Blows



Give up to 5 sharp back blows between their shoulder blades with the heel of your hand.

Check between each back blow to see if the obstruction has cleared.

Thrusts



If the object has not cleared after 5 back blows, give up to 5 abdominal thrusts.

Stand behind them, clasp hands below sternum, thrust inward and upward sharply.



Cycle

If the obstruction has not cleared after the 1st round of back blows and thrusts, call an ambulance. Continue to cycle back blows and thrusts until it clears, or medical help arrives.