

First Aid for **Choking** Adult/Child

A person chokes when the airway is partially or completely blocked. The Casualty usually has trouble breathing and if obstruction is complete, cannot breathe at all. Unless given first aid, the casualty may die.

Adult/Child (over 1 year)

- 1 Encourage adult or child to relax, breathe deeply and cough to remove object.
- 2 If coughing does not remove the blockage, or if casualty is an infant—Call 000 for an ambulance.
- 3 Bend casualty well forward and give 5 back blows with heel of hand between the shoulderblades—checking if obstruction is relieved after each back blow.
- 4 If unsuccessful, give chest thrusts—place one hand in the middle of casualty's back for support and heel of other hand in the CPR compression position and give 5 chest thrusts, slower but sharper than compressions—checking if obstruction is relieved after each chest thrust.
- 5 If blockage does not clear after 5 chest thrusts, continue alternating 5 back blows with five chest thrusts until medical aid arrives.



If casualty becomes unconscious:

Call 000 for an ambulance.
Remove visible obstruction from mouth.
Commence CPR.