

CHOKING ADULT/CHILD

Managing a choking adult or child (over 1 year)

Signs & symptoms

- clutching the throat
- coughing, wheezing, gagging
- difficulty breathing, speaking, swallowing
- making a whistling or 'crowing' noise or no sound at all
- face, neck lips, ears, fingernails turning blue

Management

1. Encourage adult or child to relax and cough to remove object.
 2. Call triple zero (000) if coughing does not remove the blockage, or if patient is an infant.
 3. Bend patient well forward and give 5 back blows:
 - with heel of hand between the shoulder blades—checking if obstruction is relieved after each back blow.
 4. If unsuccessful, give 5 chest thrusts:
 - place one hand in the middle of patient's back for support and heel of other hand in the CPR compression position and give 5 chest thrusts, slower but sharper than compressions.
 - Check if obstruction is relieved after each chest thrust.
 5. If blockage does not clear:
 - continue alternating 5 back blows with 5 chest thrusts until medical aid arrives.
- If patient becomes unconscious:**
- call triple zero (000) for an ambulance,
 - remove visible obstruction from mouth,
 - commence CPR.

In an emergency, call triple zero (000) for an ambulance

For more information on St John first aid training and kits, visit www.stjohn.org.au or call 1300 360 455