CHOKING ADULT/CHILD

FIRST AID ACCIDENT & EMERGENCY

SIGNS AND SYMPTOMS

Clutching the throat

Coughing, wheezing and gagging

Difficulty breathing, speaking or swallowing

Making a whistling or 'crowing' noise or no sound at all

Face, neck, lips, ears or fingernails turning blue

1. **Encourage adult or child to relax and cough to remove object**

2. **Call 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 has been removed after each blow.

4. **If unsuccessful, give 5 chest thrusts:**
   - Place one hand in the middle of the patient's back for support and the heel of your other hand in the CPR compression position and give 5 chest thrusts (slower but sharper than compressions).

5. **If blockage does not clear:**
   - Continue alternating 5 back blows and 5 chest thrusts until medical aid arrives.

6. **If patient becomes unconcious:**
   - Remove any physical obstructions from the mouth
   - Commence CPR and continue until the ambulance arrives.

For all your first aid training supplies and services, contact us at

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