



Chocking?

Ask victim 'Are you choking?'
If victim can speak, encourage coughing until obstruction is removed - Monitor for deterioration.

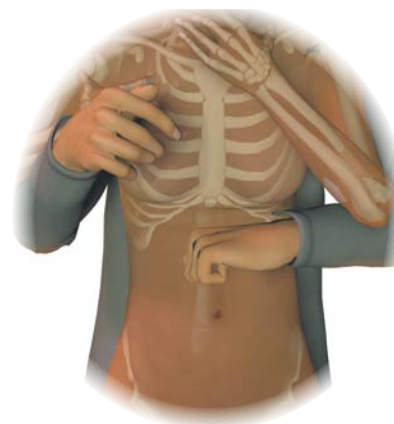


Back Blows

If the victim has an ineffective cough or shows signs of severe airway obstruction and is conscious:

Give up to five back blows:-

Stand to the side and slightly behind the victim. Support the chest with one hand and lean the victim well forwards so that when the obstructing object is dislodged it comes out of the mouth rather than goes further down the airway. Give up to five sharp blows between the shoulder blades with the heel of your other hand.



Fist Location Detail

Clench your fist and place it between the umbilicus (navel) and the bottom end of the sternum (breastbone).



Abdominal Thrusts

Stand behind the victim and put both arms round the upper part of their abdomen. Lean the victim forwards. Clench your fist and place it between the umbilicus (navel) and the bottom end of the sternum (breastbone). Grasp this hand with your other hand and pull sharply inwards and upwards. Repeat up to five times. If the obstruction is still not relieved, continue alternating five back blows with five abdominal thrusts.

If the victim becomes unconscious:
Support the victim carefully to the ground.
Call an ambulance immediately (999/112)
Begin CPR.

First Aid Information Adult Choking

The Association of First Aiders www.AoFA.org

