

CHOKING

1. What is the first thing you should do if somebody is choking?

Encourage them to cough

2. When giving a back blow, what should your other hand be doing?

Supporting their chest

3. What should you do if the back blows have not worked?

Give abdominal thrusts (a.k.a. the Heimlich manoeuvre)

4. What should you do if they lose consciousness?

Start CPR

5. Who should not be given abdominal thrusts? Circle one.

- A. Adults
- B. Babies
- C. Children
- D. Older people

