

Choking

Choking is very common and extremely scary, but people rarely die because of it.



How do you know if someone is choking?

They will be unable to speak or cry, not be able to breathe and might be clutching their throat.

If they can cough or speak, this means that they can breathe. They should just be encouraged to cough.

If someone is choking:

1. Stay calm and encourage them to **cough** to remove the object.
2. If this doesn't work, bend them forward, supporting their chest with one hand.



3. With the other hand, use your palm to **give a firm hit** between the shoulder blades.
4. Check to see if they have stopped choking before giving another blow.

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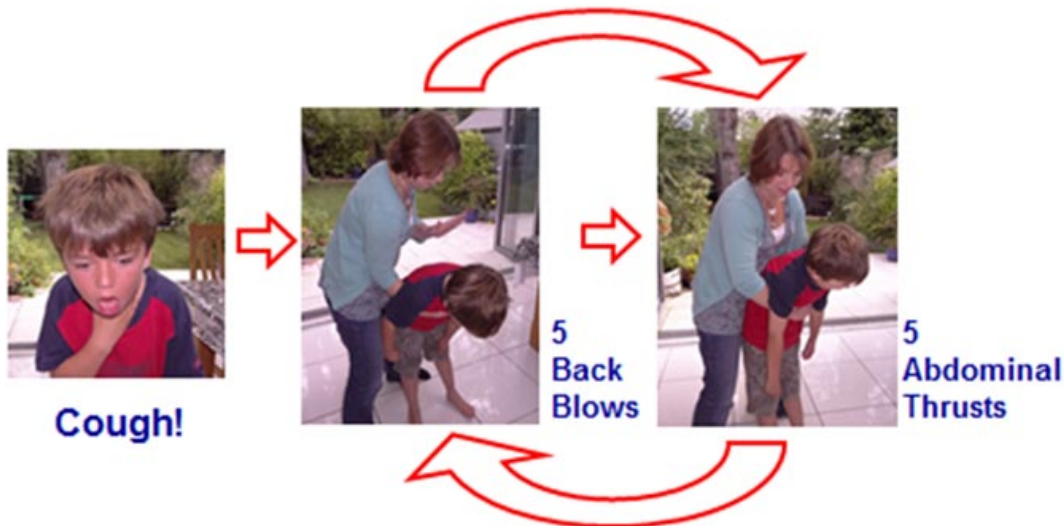
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5. If they are still choking after 5 back blows, **call an ambulance**.
6. Then give **abdominal thrusts** (formerly known as the Heimlich manoeuvre):

Stand behind them and put one hand in a fist under their rib cage. Use the other hand to pull up and under in a J-shaped motion, to dislodge the obstruction.



7. Perform **abdominal thrusts up to 5 times**, checking each time to see if they have stopped choking.
8. If they are still choking, swap between five back blows and five abdominal thrusts until an ambulance arrives.
9. If they lose consciousness, be ready to start CPR.



If they lose consciousness and stop breathing – Start CPR

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NOTE:

- Never perform abdominal thrusts on a baby under 1 year.
- Anyone who has received abdominal thrusts should be seen by a doctor.

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