

# FIRST AID FOR CHOKING

## SIGNS OF CHOKING

- THE PERSON HAS HANDS CLUTCHING HIS OR HER THROAT, UNABLE TO BREATHE OR TALK; OR SKIN, LIPS, AND NAILS ARE TURNING BLUE.



## 1. GIVE 5 BACK BLOWS

1. STAND BEHIND THE VICTIM, AND PLACE YOUR ARM ACROSS THEIR CHEST FOR SUPPORT
2. BEND THE VICTIM SLIGHTLY AT THE WAIST
3. FIRMLY STRIKE THE VICTIM BETWEEN THEIR SHOULDER BLADES WITH THE HEEL OF YOUR HAND



## 2. GIVE 5 ABDOMINAL THRUSTS

1. STAND BEHIND THE VICTIM AND WRAP YOUR ARMS AROUND THE VICTIM'S WAIST
2. PLACE YOUR FIST THUMB-SIDE IN AGAINST VICTIM'S ABDOMEN, BELOW RIB CAGE, SLIGHTLY ABOVE THE NAVAL
3. GRASP YOUR FIST WITH THE OTHER HAND
4. PRESS YOUR FIST FORCEFULLY WITH A QUICK UPWARD THRUST INTO THE VICTIM'S ABDOMEN



## 3. REPEAT STEPS 1+2

REPEAT THE STEPS UNTIL THE OBJECT IS FORCED OUT, THE PERSON CAN COUGH FORCEFULLY BREATHE, OR THE PERSON BECOMES UNCONSCIOUS

**IF THE PERSON BECOMES UNCONSCIOUS, BEGIN CPR STARTING WITH CHEST COMPRESSIONS, EACH TIME YOU OPEN THE AIRWAY, LOOK IN THE AIRWAY AND REMOVE THE OBJECT IF YOU SEE IT**

**IF THE PERSON IS TILL CHOKING OR UNCONCIOUS CALL  
AMBULANCE 112 IMMEDIATELY**