

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 unconscious:**
 - 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

firstaidae.com.au

P: 07 5520 5068

