

CHOKING

**Complete / Severe
Airway Obstruction**

**Ensure Safety
for Self and Others**

**Dial Triple Zero (000)
for an Ambulance**

If the object cannot be dislodged
by coughing - Call 000
Then do the back blow / chest
thrust sequence.

BACK BLOW / CHEST THRUST SEQUENCE

POSITION THE CASUALTY

Reassure



**USE THE
HEEL OF
YOUR HAND**

SIGNS & SYMPTOMS

- Trying to breathe
- Gaspings, coughing
- Cannot speak or breathe
- No escape of air can be felt
- Hands held to throat
- Extreme anxiety, agitation

HAZARD = Panic. Complete obstruction.

RISK = Unconsciousness. Respiratory arrest. Cardiac arrest. Death.

Give up to
**5 SHARP
BACK BLOWS**
In the middle of the back
Check for removal
between blows

REPEAT

Until the
obstruction is
dislodged.

Still choking, give up to
**5 SHARP
CHEST THRUSTS**
In the middle of the chest
Check for removal
between thrusts

IF UNCONSCIOUS

Airway obstruction may not be apparent until assessing the airway and breathing.
Finger sweep if solid material is visible.
Commence CPR for cardiac arrest.

Child and adult: Back blows - lean forward. Chest thrusts - upright, use your other hand to hold them or position against a stationary/stable object so you don't knock them over (e.g. wall, in a chair etc.)

Infant: Back blows - head downwards so gravity will assist with expulsion. Across your lap/thigh or over your arm. Chest thrusts - turn over.



This is one method for infant- if having to act quickly where no seat is available to allow for positioning over the first aiders thigh.