

CHOKING

Awareness:

The conscious choking person may have a partial or complete airway obstruction.

Assessment:

If the obstruction is partial, breathing may be noisy and the casualty will be able to cough or speak. If coughing or speaking is not possible, the obstruction is complete.

Action:

If the obstruction is partial, encourage these people to cough and seek medical assistance.

If the obstruction is complete;

- With the person bending forwards, deliver 5 sharp back blows between the shoulder blades.
- If these blows do not dislodge the object, give a second set of 5 blows.
- If the obstruction is still in place deliver 5 chest thrusts by
 - Standing beside the person
 - Encircling the chest at the armpit level
 - Clamping the hands over the chest wall on the opposite armpit
 - Apply pressure by squeezing the chest

After Care:

Always seek medical advice to ensure no internal injury has occurred.

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

THE ROYAL LIFE SAVING SOCIETY AUSTRALIA