

First aid for choking



! If you see someone choking stop and help



! Shout for help



! Tell them to cough



! Don't let them leave the room



! If they can't cough this is a severe choking event and an emergency! Make sure someone calls 999 for an ambulance



! Bend them forward and give them 5 sharp blows with the heel of your hand between the shoulder blades. Put your other hand on their chest to stop them falling forward



! Then 5 abdominal thrusts. Stand behind the person and bend them forward. Make a fist, place fist above belly button, cover with other hand. 5 in and upward thrusts



! Repeat sequence of 5 back blows and then 5 abdominal thrusts



! If at any time they collapse and stop breathing start CPR, 30 chest compressions, pause repeat

