



choking

Adults, children and babies: start by checking the cough.



Cannot breathe, speak or cough effectively? Call 000 now.

1

Effective cough

Encourage coughing. Stay close and watch for worsening. Do not give back blows while the cough is effective.

2

Ineffective cough: up to 5 back blows

Lean an adult or child forward; support the chest. Strike between the shoulder blades with the heel of your hand. For a baby under 1, support face down along your forearm, head lower than chest; support the jaw.

3

Still blocked: up to 5 chest thrusts

For an adult or child, support the back and thrust on the lower half of the breastbone. For a baby, turn face up with the head lower than the chest and use 2 fingers on the lower half of the breastbone.

4

Check after every blow or thrust

Stop when the blockage clears. If it stays blocked, alternate up to 5 back blows and up to 5 chest thrusts. Use force suited to the person's size.

Unresponsive?

Lower safely. If not breathing normally, start CPR and follow 000. Remove only an object you can clearly see in the mouth.

Do not

Use abdominal thrusts, sweep blindly with a finger, or hold a baby upside down by the feet. Seek medical assessment after chest thrusts or if symptoms persist.

5

up to 5 back blows

Check after each one.

5

up to 5 chest thrusts

Check after each one.

Sources: Healthdirect choking; St John Ambulance Australia choking (adult or child over 1 year); ANZCOR airway guidance.