

CHOKING FIRST AID

1



GET THEM TO COUGH

- Stay calm
- Encourage coughing
- Monitor breathing

2



DO 5 BACK BLOWS

- Infants less than 1 year old: place face down on your knee
- Older children, sit and lean forward

3



DO 5 CHEST THRUSTS

- Give 5 sharp blows with the heel of your hand
- Check between each blow

IF CHILD STOPS BREATHING OR BACK BLOWS DON'T WORK OR SKIN DISCOLOURED

4



DIAL TRIPLE ZERO (000)



- Say 'ambulance' and that a child is choking. Make sure you tell them the child's age.
- Alternate five back blows and five chest thrusts until emergency help arrives.
- Check to see if the blockage has cleared between each thrust.