CHOKING

COMPLETE / SEVERE AIRWAY OBSTRUCTION

Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance



SIGNS & SYMPTOMS

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

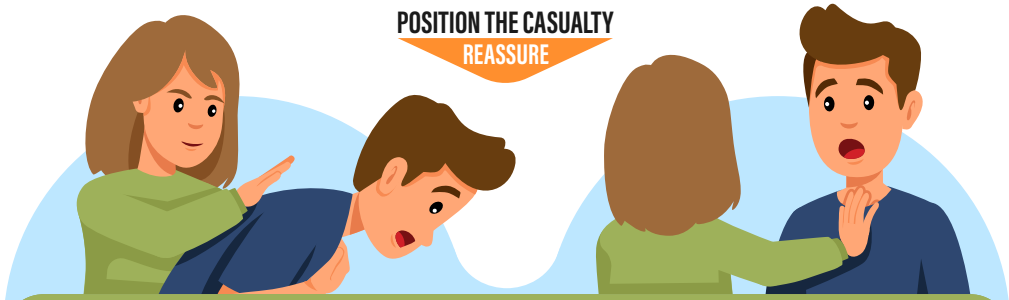
HAZARD

Panic. Complete obstruction.

RISK

Unconsciousness. Respiratory arrest. Cardiac arrest. Death.

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



BACK BLOW / CHEST THRUST SEQUENCE

Give up to

5 SHARP BACKBLOWS

In the middle of the back
Check for removal between blows

USE THE HEEL OF YOUR HAND

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 station-ary/stable object so you don't knock them over (e.g. wall, in a chair etc.)

Infant: Back blows - head down-wards so gravity will assist with expulsion. Across your lap/thigh or over your arm. Chest thrusts - turn over and on a hard surface eg. Floor or table.

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.

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