CHOKING First Aid



Adults & Children





- Clutching throat
- Coughing, wheezing, gagging
- Difficulty breathing, speaking or swallowing
- Making a whistling or 'crowing' noise, or no sound at all
- Blue lips, face, earlobes, fingernails
- Loss of consciousness

2 Perform five back blows.



Perform five chest thrusts.



Alternate one back blow to one chest thrust until the item becomes dislodged **or** the person goes unconscious.

If the person becomes limp or unconscious call Triple Zero (000) & commence CPR.



Danger > Response > Send for Help > Airway > Breathing > CPR > Defibrillation

