

CHOKING

First Aid



Adults & Children

1 Ask the person to cough.



2 Perform five back blows.



3 Perform five chest thrusts.



4 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

mrparamedic.com.au

