

CHOKING

Ensure the safety of everyone
Call the ambulance on Triple Zero (000)

Complete Obstruction

(Severe Airway Obstruction)



Signs & Symptoms

- Hands held at throat
- May be efforts at breathing
- No sound of breathing
- No escape of air can be felt

Call the ambulance - Triple Zero (000)

Use heel of hand - Check for object removal between blows



Give up to
5 Sharp Back Blows
to middle of back



Still choking....
Give up to
5 Sharp Chest Thrusts

Repeat Sequence Rapidly
until item is dislodged

- * If a person is unconscious call an ambulance immediately
- * If a person is unconscious and not breathing normally start CPR

- * Back blows for an infant should be done head downwards over a knee or an arm

