

CHOKING

Choking

By the end of this session you will be able to:

- recognise when someone is choking
- respond appropriately to someone who is choking.

Choking

<http://www.sja.org.uk/sja/first-aid-advice/breathing/choking-adults.aspx>

<http://www.sja.org.uk/sja/first-aid-advice/first-aid-for-parents/choking-advice-for-parents.aspx>

Choking

What you may see:

- Difficulty with speaking or breathing (mild obstruction)
- Unable to speak or breathe (complete obstruction)
- Red or purple colour around the neck and face, casualty may turn blue
- Pointing to or grasping the mouth or throat.

Choking

What you should do:

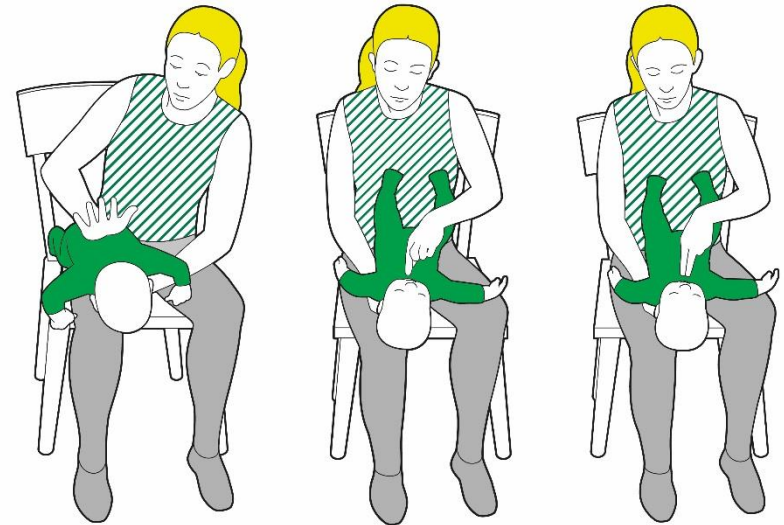
- Ask: “Are you choking?”
- Give up to five back blows
- Give up to five abdominal thrusts
- Call 999/112 and repeat until obstruction removed or help arrives
- If abdominal thrusts have been used seek medical advice.

Choking



Choking baby under a year

- Up to five back blows
- Up to five chest thrusts
- Call 999/112
- Repeat cycle until obstruction removed or help arrives



Choking

<http://www.sja.org.uk/sja/first-aid-advice/first-aid-for-parents/choking-advice-for-parents.aspx>