

CHOKING

COMPLETE / SEVERE
AIRWAY OBSTRUCTION

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



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.

BACK BLOW / CHEST THRUST SEQUENCE

POSITION THE CASUALTY

Reassure



USE THE
HEEL OF
YOUR HAND



Give up to
**5 SHARP
BACK BLOWS**

In the middle of the back
Check for removal
between blows

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.

**Ensure Safety
for Self and Others**

**Dial Triple Zero (000)
for an Ambulance**

Child and adult: Back blows -
lean forward. Chest thrusts -
upright, use your other hand to
hold them or position against a
stationary/stable object so you
don't knock them over (e.g.
wall, in a chair etc.)

Infant: Back blows - head
downwards so gravity will
assist with expulsion. Across
your lap/thigh or over your
arm. Chest thrusts – turn over.



*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.*