

# First Aid For Choking

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## SIGNS OF CHOKING

### Look for:

- A Universal choking sign (hands clutched at throat)
- B Difficulty breathing or speaking
- C Wheezing, coughing, or inability to cough
- D Blue/grey tinge to lips or face
- E Panic or distress
- F Eventually loss of consciousness if blockage continues



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## MILD CHOKING

### If the person can breathe, speak, or cough:

- A Encourage them to keep coughing to clear the blockage
- B Do not interfere with their attempts to clear the airway
- C Stay with them and monitor closely



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## SEVERE CHOKING - ADULT OR CHILD (OVER 1 YEAR)

### Assess severity

Ask: "Are you choking? Can you speak?"

### Call for help

Ask someone to call **Triple Zero (000)**  
If alone and the person is severely choking, **start first aid immediately**

### Deliver back blows

- A Stand slightly to the side and behind the person
- B Support their chest with one hand
- C Give **up to 5 sharp blows** between the shoulder blades with the heel of your hand
- D Check if blockage has cleared after each blow



### If unsuccessful, give chest thrusts

- A Position yourself behind the person or provide support by placing one hand on their back.
- B Place the heel of your other hand on the lower half of their sternum (breastbone).
- C Deliver up to 5 sharp and inward chest thrusts at a slower rate than CPR compressions.
- D After each thrust, check if the obstruction is cleared

### Continue alternating

**5** back blows, then **5** chest thrusts until:

- A The object is coughed up
- B Help arrives
- C The person becomes unconscious

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## IF PERSON BECOMES UNCONSCIOUS

- A Carefully lower them to the floor
- B Call **Triple Zero (000)** immediately if not already done
- C Begin CPR following DRSABCD protocol
- D Compression may help dislodge the object

**Remember:** Seek medical attention after a severe choking incident even if the obstruction clears, as complications can occur.

