

# How to deal with a choking casualty

## Choking

### Signs and symptoms

- Casualty is unable to speak or cough
- Holding throat with both hands
- Pointing to throat
- Distressed look on face
- Pale skin and cyanosis in later stages
- Unconsciousness

### Treatment

- Encourage to cough
- Lean casualty over
- Up to 5 back slaps
- If obstruction is not cleared
- Up to 5 abdominal thrusts
- Repeat above 3 times
- If obstruction is not cleared 999/112
- Start again
- If abdominal thrusts are used, casualty should seek medical advice.



### Unconscious casualty

Often when a casualty becomes unconscious, the throat muscles relax and the obstruction will be free to be exhaled.

# How to deal with a choking casualty

## Choking – child 1-7 years



### Back slaps

- Lean child over knee
- Give up to 5 back slaps
- If obstruction is not cleared

### Chest thrusts

- Kneel behind the child and place arms around the chest
- Squeeze the chest sharply up to 5 times
- If obstruction is not cleared



### Abdominal thrusts

- Kneel behind the child and place arms around the waist
- Pull sharply inwards and upwards
- Do this up to 5 times
- If obstruction is not cleared



Repeat steps above up to 3 times then dial 999

## Choking – baby up to 12 months

### Back slaps

- Lay the baby over your arm
- Give up to 5 back slaps with fingers
- If obstruction is not cleared



### Chest thrusts

- Turn the baby over
- Press the chest sharply up to 5 times with 2 fingers
- If obstruction is not cleared
- **Do not perform abdominal thrusts on baby**
- Repeat above steps up to 3 times
- If obstruction is not cleared
- Dial 999

