

# 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 aider's thigh.*