

Choking

Coughing and can speak? Encourage the cough and stay close. Silent, cough failing, lips going blue? Act now.

1

Ask: “Are you choking?”

If they can answer, keep them coughing. A strong cough beats anything you can do.

2

Up to 5 back blows.

Stand to the side, arm across the chest, lean them forward. Heel of your hand, firmly between the shoulder blades. Check the mouth after each one.

3

Up to 5 abdominal thrusts.

From behind: fist between belly button and breastbone, grasp with the other hand, pull sharply in and up. Check after each one.

4

Call 999 after the first cycle. Repeat.

Keep cycling 5 and 5. If they collapse: start CPR, checking the mouth before each set of breaths.

5 + 5

back blows + abdominal thrusts · then 999 · had thrusts = hospital, always

In an emergency call 999