## CHOKING

COMPLETE / SEVERE AIRWAY OBSTRUCTION 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.

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



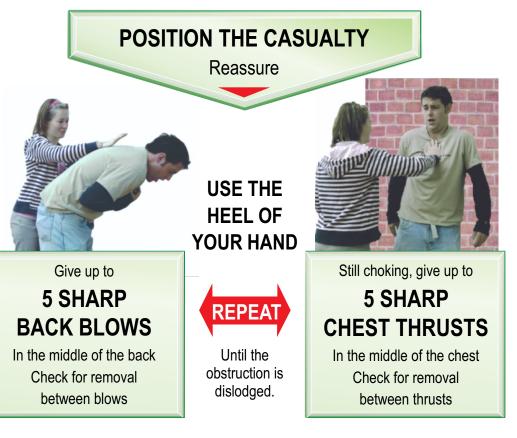


- Trying to breathe
- · Gasping, coughing
- · Cannot speak or breathe
- No escape of air can be felt
- Hands held to throat
- Extreme anxiety, agitation

HAZARD = Panic. Complete obstruction.

**RISK** = Unconsciousness. Respiratory arrest. Cardiac arrest. Death.

## **BACK BLOW / CHEST THRUST SEQUENCE**



## 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.

## **Phoenix Institute of Training**

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