

CHOKING FIRST AID



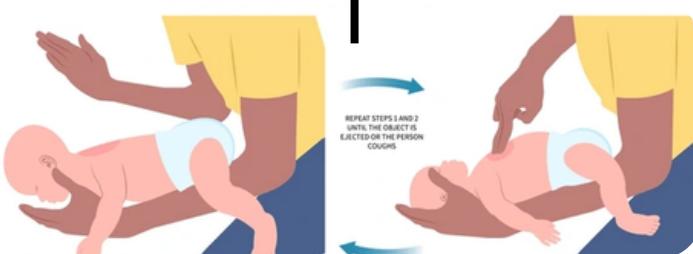
ACTION PLAN



“COUGHING & RED”
LET THEM GO AHEAD

MILD OBSTRUCTION

Encourage coughing
Monitor closely



CONSIDER LIFEVAC



PLACE
PUSH
PULL

UNCONSCIOUS
Start CPR 30:2



“QUIET & BLUE”
THEY NEED YOU

SEVERE OBSTRUCTION

CALL 000
Ask for Ambulance

CONSCIOUS

DELIVER 5X BACK BLOWS
(check for clearance each blow)

DELIVER 5X CHEST THRUSTS
(check for clearance each thrust)

Repeat until obstruction clears

Scan me

