

CHOKING FIRST AID



ACTION PLAN



“COUGHING & RED”
LET THEM GO AHEAD

MILD OBSTRUCTION

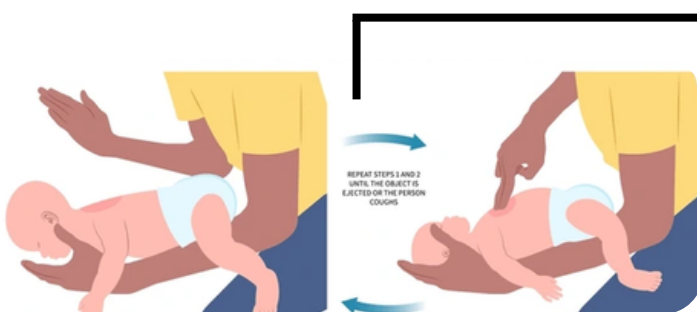
Encourage coughing
Monitor closely



“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 TRUSTS
(check for clearance each thrust)

Repeat until obstruction clears

CONSIDER LIFEVAC



PLACE
PUSH
PULL

UNCONSCIOUS

Start CPR 30:2

Scan me

