

CHOKING

COMPLETE / SEVERE
AIRWAY OBSTRUCTION



Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance



SIGNS & SYMPTOMS

- Trying to breathe
- Gaspings, 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.

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

POSITION THE CASUALTY
REASSURE



BACK BLOW / CHEST THRUST SEQUENCE

Give up to
**5 SHARP
BACKBLOWS**

In the middle of the back
Check for removal
between blows

USE THE
HEEL OF
YOUR HAND

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.



CHILD AND ADULT:

Back blows - lean forward.
Chest thrusts - upright, use your
other hand to hold them or
position against a station-
ary/stable object so you don't
knock them over (e.g. wall, in a
chair etc.)

Infant: Back blows - head down-
wards so gravity will assist with
expulsion. Across your lap/thigh
or over your arm. Chest thrusts -
turn over and on a hard surface
eg. Floor or table.

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.