



# FACT SHEET



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## Choking (Adult/child, over 12 months of age)

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- 1. Encourage adult or child to relax, breathe deeply and cough to remove object**
  - 2. If coughing does not remove the blockage, or if patient is an infant call Triple Zero (000) for an ambulance**
  - 3. Bend patient well forward and give 5 back blows**
    - With heel of hand between the shoulder blades, checking if obstruction is cleared after each back blow
  - 4. If unsuccessful, give chest thrusts**
    - Place one hand in the middle of patient's back for support and heel of other hand in the CPR compression position and give 5 chest thrusts, slower but sharper than compressions
    - Check if obstruction is cleared after each chest thrust
  - 5. If blockage does not clear**
    - Continue alternating 5 back blows with 5 chest thrusts until medical aid arrives
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### **If patient becomes unconscious**

- Call Triple Zero (000) for an ambulance
  - Remove visible obstruction from mouth
  - Commence CPR
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The above information is the recommended action to take during an emergency situation. Excite Safety Training recommends that First Aid training be obtained and that these tools and information are not a replacement for obtaining First Aid training. Excite Safety Training will in no way be held responsible for the incorrect application or misuse of this information.