

Action Plan - Choking (all ages)



Choking (conscious adult/child)

1



To establish if someone is choking, assess for an effective cough. If present, monitor them carefully in case the situation changes.

2

If not, give up to 5 sharp blows between the shoulder blades with the heel of your hand. Often the first blows clear the obstruction. Between each blow, check to see if the obstruction has been removed.



3

If the back blows fail, position yourself behind the person, place a closed fist on the choking person's chest, link your hands and provide a quick inward thrust. Give up to 5 thrusts if required.



Continue with back blows and chest thrusts until the obstruction is cleared or the person becomes unconscious.

Choking (conscious infant)

1

Open the infant's mouth and look for visible obstructions.



2

Sit down and place the infant face down along your forearm, keeping the head lower than the feet. Support the infant's jaw using a 'C' grip. Give up to 5 back blows.

DO NOT PERFORM BLIND FINGER SWEEPS



3

If the obstruction is not cleared, sandwich the infant between your arms, then turn the infant over, keeping the head lower than the feet.



4

Give 5 chest thrusts just below the nipple line using 2 fingers. Remember to support the head and neck. Thrusts should be sharper and at a slower rate than regular CPR.

Continue with back blows and chest thrusts until the obstruction is cleared or the person becomes unconscious.

Choking (unconscious adult, child & infant)

If the obstruction is not cleared call 111

1



If the person has become unconscious, commence CPR.
Adult: 30:2
Child: 30:2
Infant: 30:2

3

If nothing is seen or the obstruction is too far back, commence rescue breathing as per CPR guidelines.



2



Check for airway obstruction and look for visible objects before each set of breaths. If you can see the obstruction reach in and hook it out.
DO NOT PERFORM BLIND FINGER SWEEPS.

Think Smart, Think Safe, Think S.T.O.P.

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