

# CHOKING

Always remember to call 000 in case of an emergency

**IF EVER IN DOUBT CALL TRIPLE ZERO (000)**

REMEMBER TO REMAIN CALM AND STATE CLEARLY THE EMERGENCY

## ASSESS THE SEVERITY OF CHOKING

### COMPLETE OBSTRUCTION

(Ineffective Cough)

- Cannot breathe or no sound of breathing
- No air can be felt escaping from the nose and/or mouth
- How can you protect the injured person from any further danger?
- Clutching throat, panicking and cannot speak?

◀ OR ▶

### PARTIAL OBSTRUCTION

(Effective Cough)

- Breathing is laboured and may appear to be a difficult task
- The breathing is generally noisy could be described as rasping?
- Air can be felt escaping from the mouth, large or small amount
- If conscious, are they possibly able to talk or whisper?

**CALL 000**

## COMMENCE TREATMENT

### CONSCIOUS

- Move Casualty into the recovery position (Sitting up and leaning forward)
- Give up to 5 back blows: *(While in the recovery position, use the palm of your hand in the middle of the back, under shoulder blades)*
- If ineffective give up to 5 chest thrusts: *(Position against a solid wall & push above the sternum)*
- Repeat until blockage removed or paramedics arrive

### UNCONSCIOUS

- Open mouth & check for visible blockage
- Finger sweep if solid material is visible in the airway
- If nothing is visible commence CPR on the casualty

## ATTEMPT TREATMENT

(Assess Severity First)

- Make an effort to reassure the casualty, keep from panicking
- Encourage coughing to help dislodge the object
- Monitor improvement or further deterioration

## NO IMPROVEMENT

(Or situation gets worse)

**CALL 000**

## POSITION THE CASUALTY

- Adult: Sit the casualty up & lean forwards
- Child: Place the child over your knee or arm with the head facing down allowing gravity to assist with removing the obstruction