

FIRST AID: Choking

**Choking is the result of a partially or completely blocked airway
– reducing or totally blocking airflow.**

SIGNS OF CHOKING:

- Grasping throat
- Increased breathing difficulty
- Bluish tissue colour
- Panic

FIRST- AID FOR A CHOKING CONSCIOUS ADULT:

- Ask if the person is choking.
- If the person can speak or cough the airway is partially blocked. Encourage the person to cough in order to dislodge the material causing the blockage.
- If the person cannot speak or cough, they need first-aid assistance.
 - Stand behind the person.
 - Wrap your arms around the casualty's chest making a fist with one hand.
 - With thumb of fist placed against casualty's abdomen/slightly above navel, put free hand on top.
 - Press fist into chest and continue to perform abdominal thrusts until foreign body is dislodged or person becomes unconscious.

