

How can you help someone who is

choking



Key action:

Hit their
back



How do you know someone's choking?

They may have been eating or had something in their mouth.

They may be holding their chest or neck and won't be able to speak, breathe or cough.



How to help

1 Ask them to cough. If they can't, bend them forwards and hit them with a flat hand hard on the back, between the shoulder blades, up to 5 times.

2 If they are still choking tell an adult and call 999.

3 Keep hitting them on the back until they can breathe again, or help arrives.



5
times

