

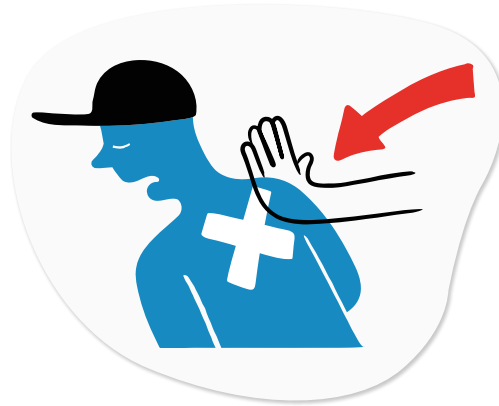
How can you help someone who is

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 Hit the person hard on the back up to five times.



- 2 If they are still choking, shout for an adult to help or call 999.



- 3 Keep hitting them on the back until the person can breathe again or until help arrives.