

Helping someone who is

# choking



Key action:  
**Give back blows.**  
**Give abdominal thrusts.**



## Recognise what to do:

Tell them to try to cough. They may be holding their chest or neck. If they can't speak, breathe or cough they are choking.

## Steps to take:

Bend them forwards and give up to 5 back blows with the heel of your hand between the shoulder blades.

If they are still choking, give up to 5 abdominal thrusts. Stand behind them, join your hands together around their stomach and form a fist. Pull inwards and upwards.

## Supporting knowledge:

Hitting someone firmly on the back creates a strong vibration and pressure in the airway which is often enough to dislodge the object.

Abdominal thrusts squeeze the air out of the lungs and may dislodge the blockage.

