

# CHOKING

COMPLETE / SEVERE  
AIRWAY OBSTRUCTION

**Ensure Safety  
for Self and Others**

**Dial Triple Zero (000)  
for an Ambulance**

If the object cannot be dislodged  
by coughing - Call 000  
Then do the back blow / chest  
thrust sequence.



## SIGNS & SYMPTOMS

- Trying to breathe
- Gasping, coughing
- Cannot speak or breathe
- No escape of air can be felt
- Hands held to throat
- Extreme anxiety, agitation

**HAZARD** = Panic. Complete obstruction.

**RISK** = Unconsciousness. Respiratory arrest. Cardiac arrest. Death.

## BACK BLOW / CHEST THRUST SEQUENCE

### POSITION THE CASUALTY

Reassure



USE THE  
HEEL OF  
YOUR HAND



Give up to  
**5 SHARP  
BACK BLOWS**

In the middle of the back  
Check for removal  
between blows

**REPEAT**

Until the  
obstruction is  
dislodged.

Still choking, give up to  
**5 SHARP  
CHEST THRUSTS**

In the middle of the chest  
Check for removal  
between thrusts

### IF UNCONSCIOUS

Airway obstruction may not be apparent until assessing the airway and breathing.  
Finger sweep if solid material is visible.  
Commence CPR for cardiac arrest.

*Child and adult:* Back blows - lean forward. Chest thrusts - upright, use your other hand to hold them or position against a stationary/stable object so you don't knock them over (e.g. wall, in a chair etc.)

*Infant:* Back blows - head downwards so gravity will assist with expulsion. Across your lap/thigh or over your arm. Chest thrusts - turn over.



*This is one method for infant- if having to act quickly where no seat is available to allow for positioning over the first aiders thigh.*