

EMERGENCY AID

Choking

The emergency aid for choking is:

1. Remove any foreign bodies from the casualty's mouth and get him or her to cough.
2. If that does not work, bend the casualty over (head lower than the chest) and slap between the shoulder blades with the heel of your hand.
DO THIS UP TO FIVE (5) TIMES
3. If backslaps do not work, try **ABDOMINAL THRUSTS**



Abdominal Thrusts:

- a) Stand behind casualty, put your arms around her waist and clasp your hands together (one palm up and one palm down).
- b) Give a sharp pull diagonally upwards. Repeat up to **FIVE (5) TIMES.**
- c) If this does not work, do not give up, call an ambulance (**Tel. No. 112**) and then **FIVE (5) ALTERNATE BACKSLAPS WITH FIVE (5) ABDOMINAL THRUSTS.**

NEVER GIVE ABDONIMAL THRUSTS TO A BABY OR YOUNG CHILD.



For small Children

USE less force, laying the child over your knee, Head down, when slapping the back.



For babies (under 1 year)

USE *much* less pressure and lay the chest and abdomen along your forearm (using your arm to support the head and chest) when slapping the back).

For a casualty who becomes unconscious



If the casualty becomes unconscious, pull her onto her side facing you with her chest against your thigh and her head well back. Slap up to five (5) times with the heel of your hand between the shoulder blades.

If *Back blows* fail, knee astride the causality (as illustrated) and perform abdominal thrusts

If she starts to breathe normally place her in the recovery position and call an ambulance. Check and record breathing and pulse rate every 10 minutes.

If she does not start to breathe again **DIAL 112 FOR AN AMBULANCE.**