

## **Choking**

Mild or severe airway obstruction.

It may occur during eating or through swallowing a foreign body which obstructs the passage of air to the lungs.

### **First Aid Procedures:**

#### **1. (Adult and Child)**

- Encourage the casualty to cough,
- If the casualty is able to speak and cough, do not interfere but encourage them to continue coughing to expel the foreign body from the airway.
- Abdominal Thrust

Stand behind the casualty and lean them forward. With one hand clench your fist and place it between the navel and the ribcage. Place your other hand over the fist and pull sharply inwards and upwards. Repeat this process until the expulsion of the foreign body.

#### **2. Infant**

By using back blows and chest thrusts.

Place the infant face down in one arm. Apply 5 back blows using the palm of the other hand between the shoulder blade of the infant. If the foreign object is not expelled, flip up the infant on their back and apply chest thrusts until object is expelled.