READY AT HOME · FIRST AID CARD

Choking

Back blows and thrusts for adults, children and babies

EMERGENCY
112 or 999
Any phone, any network, free

Signs to look for

- Clutching at the throat, often during a meal.
- Can't speak, cough or breathe, or only a faint, weak cough.
- Lips or face may turn blue or grey.

Adults and children over 1 year

1. **Can they cough?** Encourage them to keep coughing. Stay with them.
2. **Coughing isn't clearing it?** Lean them well forward. Give up to **5 firm back blows** between the shoulder blades with the heel of your hand.
3. **Still stuck?** Give up to **5 abdominal thrusts**: stand behind, fist just above the belly button, pull sharply in and up. Keep alternating 5 back blows and 5 thrusts.
4. **If it doesn't clear**, call **112 or 999** and keep going. If they stop responding, lower them gently to the floor and start CPR.



Back blows: lean them forward, heel of hand between the shoulder blades.



Abdominal thrusts: fist above the belly button, pull in and up.

Babies under 1 year

1. Lay the baby face down along your forearm, head lower than the body, supporting the jaw.
2. Give up to 5 back blows with the heel of your hand.
3. Turn them face up. Give up to 5 chest thrusts: hands around the chest, both thumbs on the centre, pressing sharply.
4. Never use abdominal thrusts on a baby. Keep repeating; call 112 if it doesn't clear.

Afterwards: anyone who has had abdominal or chest thrusts should be checked by a doctor, even if they feel fine.

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