

Dealing with a conscious choking adult

If your casualty is choking.....



Encourage them to cough.....



If this doesn't work, give up to 5 back blows.....



If successful, then reassure them and seek medical help if appropriate.



If this doesn't work, give up to 5 abdominal thrusts.....



If this is successful, then reassure them and seek medical help.



If this doesn't work, repeat the process of up to 5 back blows, followed by up to 5 abdominal thrusts.....



If there is no improvement after three cycles, then you must call for an ambulance