



CHOKING

STEPS TO
SAVE YOUR
CHILD'S LIFE

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Effective vs. Ineffective Cough



"Effective cough"

- Airway **PARTIALLY** blocked
- Coughing
- Breathing - noisy and laboured
- Conscious and able to respond

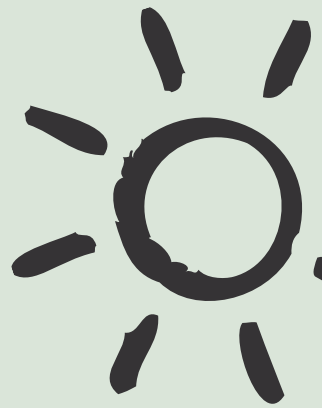
“Gagging is NOT Choking”

"Ineffective cough"

- Airway **FULLY** blocked
- Completely silent
- Requires immediate help
- Conscious initially - if unable to remove obstruction or no intervention given person may lose consciousness

Signs of a Partial Obstruction:

“Effective Cough”



Cough

Laboured and Noisy
Breathing

Gagging

Air can be felt escaping
their nose and mouth

Wheezing

First Aid:

- Hands off, encourage the cough
- Continue to monitor casualty
 - until recovery or deterioration
- Send for help if no improvement

Silent unable to make sounds

Trying to Breathe or cough but unable to

no air escaping their nose or their mouth

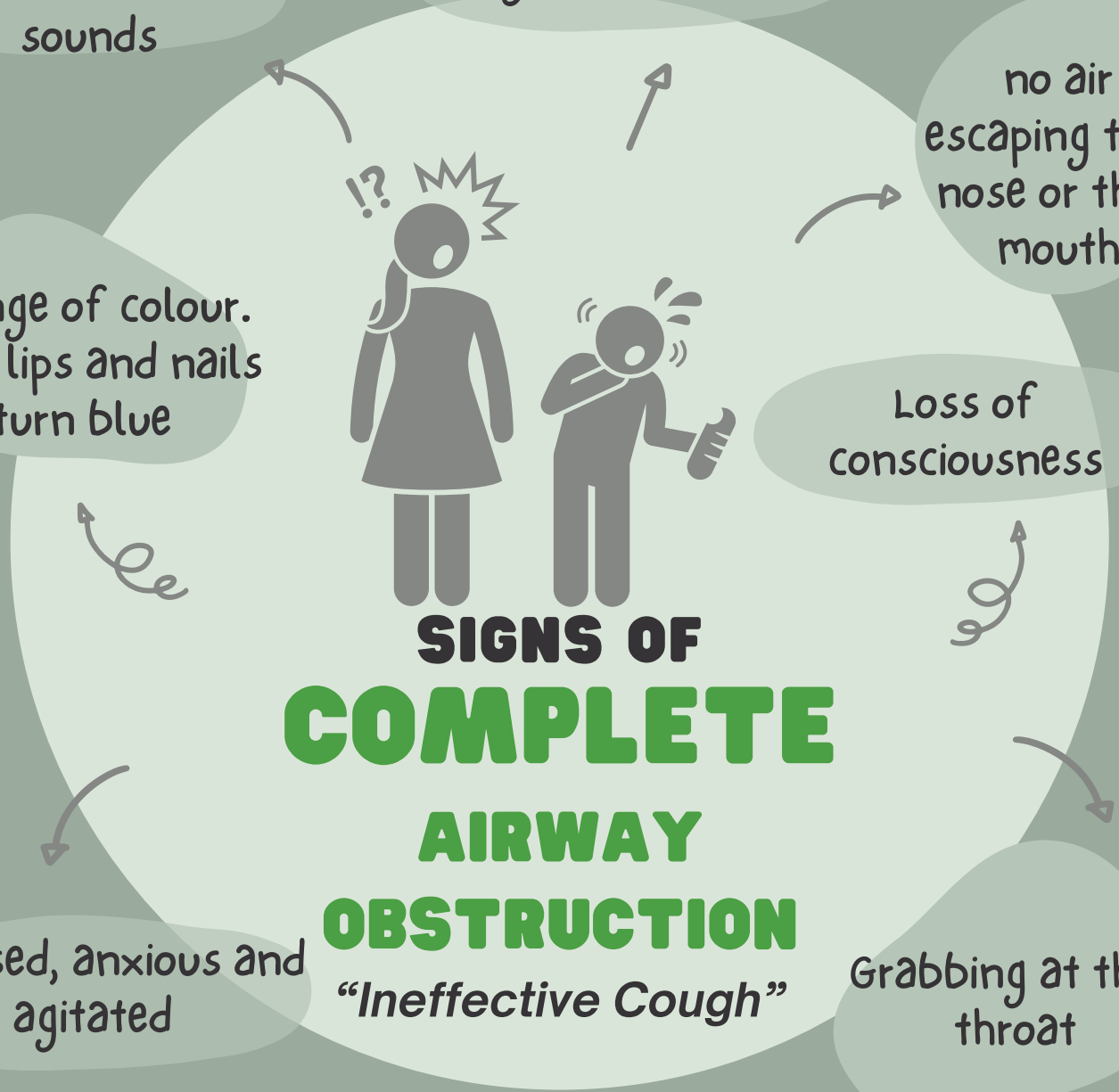
Change of colour. Skin, lips and nails turn blue

Loss of consciousness

Stressed, anxious and agitated

Grabbing at their throat

SIGNS OF COMPLETE AIRWAY OBSTRUCTION
"Ineffective Cough"



First Aid: Complete airway obstruction



- Send for help - do not hesitate and make sure you call 000
- Give 5 back blows
- If not effective give 5 chest thrust

Continue until the obstruction has come clear, the casualty becomes unconscious/unresponsive or until help arrives





5 Back Blows



If child is < 1 years old

Lay the baby face down on your thigh or forearm

Use the heel of your hand and give 5 **FIRM** back blows between the shoulder blades.

If child is > 1 year of age

Lean the child forward and give 5 **FIRM** back blows between the shoulder blades.

Look in their mouth between each blow to check whether the obstruction has cleared

Look in their mouth between each blow to check whether the obstruction has cleared



5 Chest Thrusts

If child is < 1 years old

- Lay on their back
- 5 chest thrusts using 2 fingers on the centre of the chest

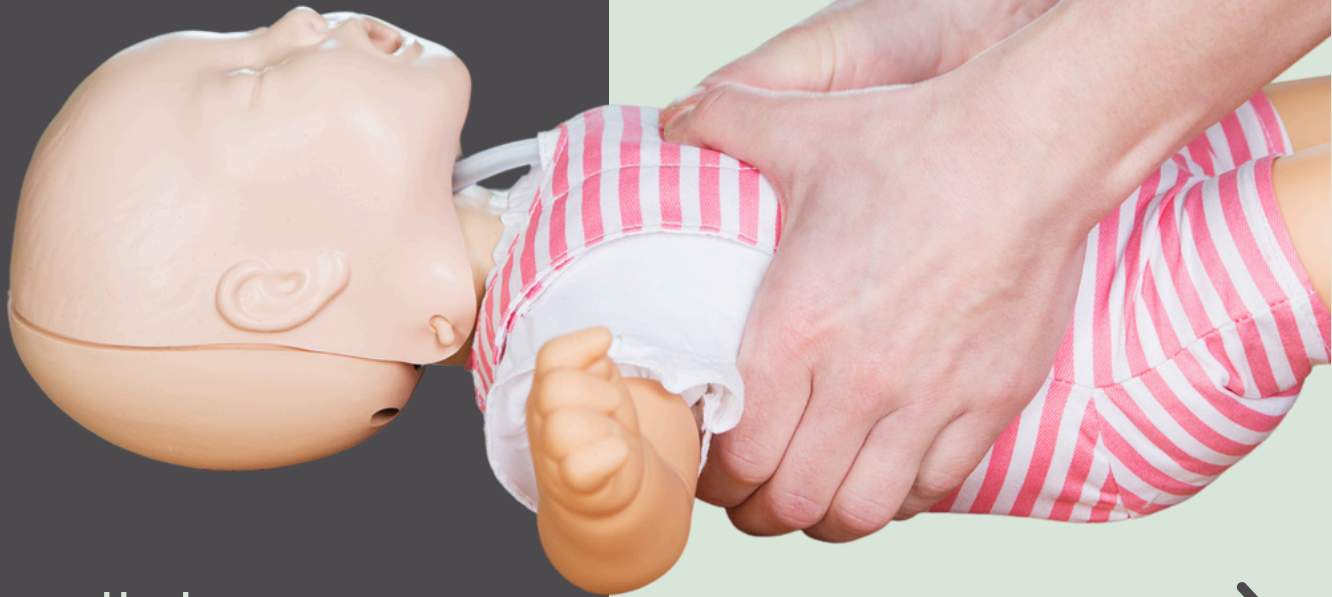
If child is > 1 year of age

- Place casualty against a wall, position the heel of your hand over the centre of their chest and conduct a short sharp thrust
- Alternatively you can seat you casualty upright and place a hand on the centre of their back and centre of their chest

Be sure to check in between each thrust to see if obstruction has cleared



Commence CPR



If the casualty becomes unconscious:

- check and clear their airway
- Provide CPR



**YES YOU STILL GIVE
RESCUE BREATHS**

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