**CHOKING: ADULT, CHILD AND INFANT**

### RECOGNITION
- **ADULT & CHILD**: Ask them ‘are you choking’. Mild obstruction, able to speak, cough and breathe. Severe obstruction, unable to speak, cough and breathe, leading to eventual loss of consciousness.
- **INFANT**: Mild obstruction, able to cough, but has difficulty in crying or making any other noise. Severe obstruction, unable to make any noise or breathe leading to eventual loss of consciousness.

### GENERAL TREATMENT

**If the adult or child is breathing:**
1. **Cough it out**: Encourage them to cough. Support their upper body with one hand and help them lean forward.
2. **Slap it out**: If coughing doesn’t work, help the casualty bend forward. Use the heel of your hand to give up to five sharp back blows between their shoulder blades. Check their mouth to see if there’s anything in there and, if there is, get them to pick it out.
3. **Squeeze it out**: If back blows don’t work, give up to five abdominal thrusts. Stand behind them. Link your hands between their navel and the bottom of their chest, with your lower hand clenched in a fist. Pull sharply inwards and upwards.
4. **Call for help**: If they’re still choking, call 999 for medical help.

**If the infant is distressed, unable to cry, cough or breathe:**
1. **Slap it out**: Lay them face down along your thigh and supporting their head. Give up to five back blows with the heal of your hand.
2. **Check their mouth**: Turn the infant over so they are face up and check the mouth, remove obvious obstructions with your finger tips.
3. **Squeeze it out**: Using two fingers give up to five downwards chest thrusts.
4. **Call for help**: Check the mouth, if the obstruction hasn’t cleared call 999 and ask for medical help.

### CAUTION
- If at any stage the casualty (adult, child or infant) loses consciousness, open the airway and check for breathing.
- Checking for breathing: **look** (rise & fall of chest), **listen** (breath sounds from mouth & nose), **feel** (breaths against your cheek) for no more than 10 seconds.
- Not breathing: Commence CPR – push hard and fast with the heal of your hand in the centre of their chest. Adult use two hands, child use one hand and infant use two fingers.

### WHEN TO GO TO THE HOSPITAL
- If one set of five back blows and five abdominal thrust have not cleared the obstruction dial 999 and request an ambulance.
- If the obstruction was cleared but you suspect damage to the wind pipe, back or abdomen.

### EMERGENCY INFORMATION
- If in doubt dial the NHS on 111 and ask for advice.
- For a QMUL first aider dial 3333.
- In an emergency dial 999, and request an ambulance.