

Airway Obstruction

1

Breathing, Coughing, or Speaking



Cough!

Encourage them to cough; check their breathing

2

Conscious, but unable to breathe, cough, or speak

Infants under 1 year old



Give 5 back blows



Give 5 chest thrusts

Alternate between back blows and chest thrusts for as long as the child remains conscious, or until they breathe normally.

Children over 1 year old and adults



Give 5 back blows



Give 5 abdominal thrusts

Alternate between back blows and abdominal thrusts as long as the person remains conscious, or until they breathe normally.

3



Children

Give 5 rescue breaths and start CPR, alternating 15 chest compressions with 2 rescue breaths. Check the mouth if you think the object has come loose.

Unconscious, not breathing normally

Call 112 and start CPR

Adults

Start CPR, alternating 30 chest compressions with 2 rescue breaths. Check the mouth if you think the object has come loose.



Help is on the way.
I'll help you with CPR.

Stay on the line with the emergency operator. Continue CPR until breathing returns to normal or emergency medical personnel take over.

