

How to administer back slaps and abdominal thrusts to a choking casualty

If someone cannot breathe, speak, cough, or make any noise, they may be severely choking and you need to assist them immediately to remove the blockage. This involves administering back slaps and abdominal thrusts.

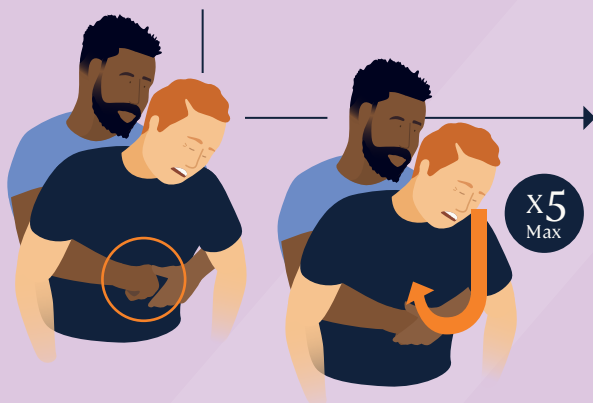
1 Rest their upper body forward on your forearm, with one hand supporting their chest.

2 Use the heel of your other hand to give a maximum of five sharp back slaps between their shoulder blades.

3 After **each** of the blows, check to see if the obstruction has cleared. Do not put your fingers in their mouth to try and locate the blockage, as this could cause you to accidentally push something down.



If the obstruction has not been cleared, the casualty will still appear to be struggling, and so you should move onto administering abdominal thrusts.



4 To administer abdominal thrusts, link your hands around their waist with them leaning forward slightly. Make a fist with one hand and place it just above their belly button. Then, use your other hand to grasp your fist.

5 Pull sharply inwards and upwards in a J-shaped motion. **Do this a total of five times.**

6 After **each** of the thrusts, check to see if the obstruction has cleared.

If the obstruction has not been cleared, the casualty will still appear to be struggling, and so you should move onto the next step.

7 Call for emergency assistance if they are still choking. While awaiting help, repeat and continue to give back slaps and abdominal thrusts, at a rate of 5 each.



If the obstruction has been cleared, the casualty should now have recovered.

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