



First Aid

Choking



St John
Ambulance



Quick Recap

Let's see what you remember from the video. Answer the questions to see what you can remember.

What does **DR ABC** stand for?

D is for danger.

R is for response.

A is for airway.

B is for breathing.

C is for circulation.

Quick Recap

Let's see what you remember from the video. Answer the questions to see what you can remember.

Why are the steps in this order?

**The steps are in order of importance.
The first step shows the most important thing to do.**

When might you need the Primary Survey?

You need to use the Primary Survey when you are responding to a casualty who needs first aid.

Introduction to Choking

Let's see what you remember from the last lesson. Answer the questions to see what you can remember.

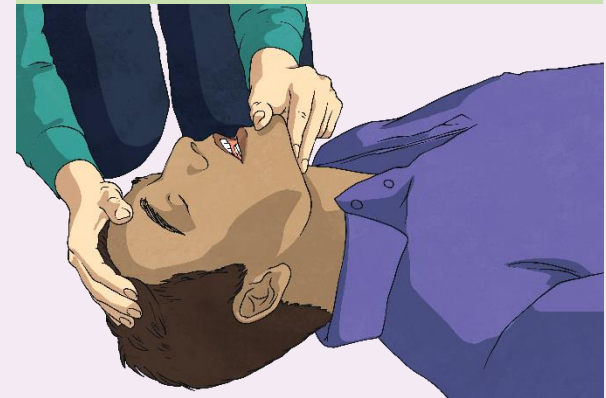
In this lesson, we are going to learn about what to do if a casualty is **choking**

What do you think is meant by the term '**choking**'?

When someone is choking, their **airway** is partly or completely blocked. This means that they may not be able to breathe properly. This can be fatal.

airway:

The passage by which air reaches a person's lungs.



How to Spot If Someone Is Choking

If someone is choking, you might see that they have:

- difficulty breathing, speaking or coughing;
- a red, puffy face.

They may also be pointing to their throat or grabbing their neck.



Question: “Are You Choking?”

If you think that someone is choking, ask them clearly, “Are you choking?”

If they can breathe, speak or cough, then they might be able to clear their own throat.

Tell the casualty to **cough** as coughing may clear the blockage. Remove anything that you can see in their mouth.

If they cannot breathe, cough or make any noise, they need your help **straight away**.



Slap It Out: Back Blows

If coughing does not stop the person choking, or they are unable to cough, you need to give up to five sharp **back blows**.

Help the casualty to lean forwards. Support the person's upper body with one hand.

With the heel of your other hand, hit them firmly between the shoulder blades.

After each back blow, check if there is anything in the casualty's mouth.



Squeeze It Out: Abdominal Thrusts

If back blows do not stop the choking, you will need to give the casualty up to five **abdominal thrusts**.

Stand behind the casualty and put your arms around their waist.

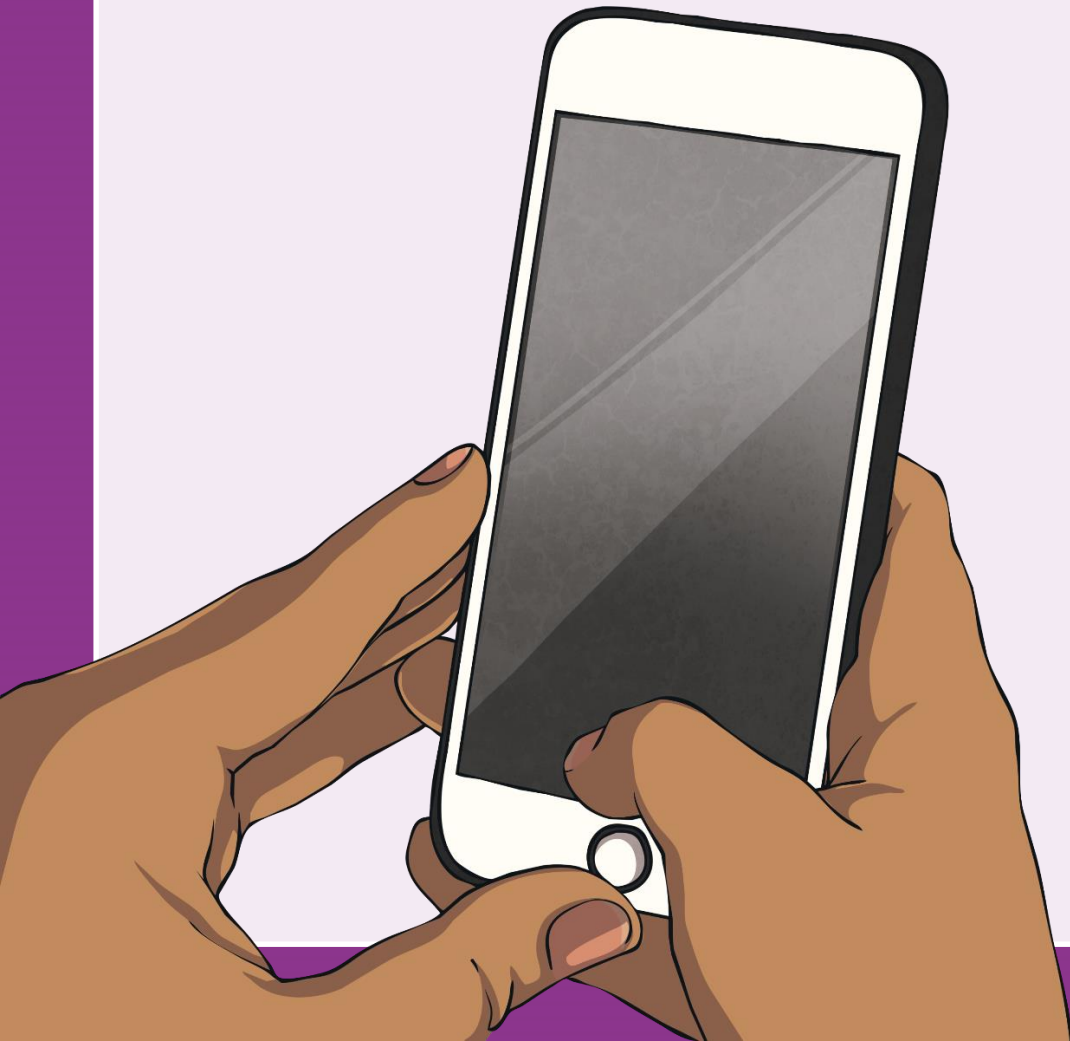
Make a fist with one of your hands and put it between the casualty's belly button and the bottom of their chest.

With your other hand, grab your fist and sharply pull inwards and upwards.



After each abdominal thrust, check if there is anything in the casualty's mouth.

Emergency Help



If the blockage has not cleared, call 999 or 112 for emergency help straight away.

Use the hands-free speaker on your phone if you can. Repeat five back blows and five abdominal thrusts until help arrives.

If the casualty becomes unresponsive, begin CPR immediately.

Watch the Professionals

Click the logo below to watch Gemma from St John Ambulance explain how to help a casualty who is choking.

**St John
Ambulance**



Clicking the link above will take you to St John Ambulance website. Click through the adult, child and baby choking tabs. The adult and child video is the same, but the baby video is different. Watch both.

Teacher Note: Please do not let the next video automatically play at the end of the clip. Please check the content in this link, including any comments, is suitable for your educational environment before showing. Twinkl accepts no responsibility for the content of third party websites.

Activity 1: Robot Doctor



Robot Doctor's Choking Algorithm

Use your first aid knowledge to program Robot Doctor to respond to a choking casualty. Complete the commands and input them in Robot Doctor's code.



Robot Doctor's Choking Algorithm

Give up to _____.

Ask, " _____ ?"

Check to see _____.

Give up to _____.

Tell the casualty to _____.

Call _____ for emergency help.

Check for _____.

If they are still choking, _____.

Check to see _____.













also visit our
[visit stjoh.org.uk](http://visit.stjoh.org.uk)



Using your **Robot Doctor Activity Sheet**,
program Robot Doctor to help a choking
casualty by inputting the correct algorithm.

The Answer Is... but What Is the Question?

Let's see what you remember from the last lesson. Answer the questions to see what you can remember.

If the answer is 'choking', what could the question be?

Possible Question

What is a casualty doing if they have something blocking their airway.

If the answer is 'cough it out', what could the question be?

Possible Question

What can you ask a casualty to do to help themselves if they are choking?

The Answer Is... but What Is the Question?

Let's see what you remember from the last lesson. Answer the questions to see what you can remember.

If the answer is 'heel of the palm', what could the question be?

Possible Question

With which part of your hand should you hit a casualty when giving back blows?

If the answer is 'inwards and upwards', what could the question be?

Possible Question

In which direction should you pull when giving abdominal thrusts?

Find Out More

Click the logo below for more first aid resources.



