

ATH Training

Preparing you for the unexpected

ADULT CHOKING



Encourage to
COUGH if able to

Perform **5 BACK BLOWS** with the
palm of the hand between
the shoulder blades

Perform **5 ABDOMINAL THRUSTS**
just above belly button

Repeat **5 BACK BLOWS**
& **5 ABDOMINAL THRUSTS**
until successful

**IF ABDOMINAL THRUSTS USED
SEEK MEDICAL ATTENTION**

ATH Training

Approved by



Essex County Council

Email: info@ath-training.co.uk

Call: 01268 440273 • www.ath-training.co.uk

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INFANT CHOKING (0-1 year)



Waving arms and legs with **NO NOISE** would indicate **CHOKING**

Perform **5 BACK BLOWS** with the palm of the hand between the shoulder blades

5 CHEST COMPRESSIONS with 2 fingers, as per CPR

Repeat **5 BACK BLOWS & 5 CHEST COMPRESSIONS** until successful

SEEK MEDICAL ATTENTION EVEN IF SUCCESSFUL

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ADULT CPR

Head tilt,
chin lift, check
breathing for
10 SECONDS

If not
breathing call
999 / get AED
if applicable

If AED present
use without
delay,
otherwise
START CPR

30
compressions,
5 - 6cm and
2 breaths

**CONTINUE UNTIL
EMS ARRIVE**

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INFANT CPR (0-1 year)

Head tilt,
chin lift, check
breathing for
10 SECONDS

If not
breathing head
tilt / chin lift
& perform
**5 RESCUE
BREATHS**

**30
COMPRESSIONS**
3rd the depth
of chest &
2 breaths for
1 minute

If not done
then **CALL 999**
otherwise
continue with
CPR

**CONTINUE UNTIL
EMS ARRIVE**



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