

FIRST AID FOR TEACHERS: CHOKING



If faced with a choking student, the steps below show the action you should take.

1

Encourage Them to Cough

If this does not dislodge the item use the five and five approach below.

Five and Five

This approach alternates between five back blows and five abdominal thrusts as illustrated below.



2

Back Blow

Give up to five sharp back blows



3

Abdominal Thrust

Give up to five abdominal thrusts



CALL FOR HELP



If they're still choking, call 999 for emergency help.