

Perform the 3 Cs (check, call, care)

Airway:

1. Place them on their back, carefully so as to not cause any injury.
2. Open their airway by tilting their head back and lifting their chin upwards. This will remove the tongue from blocking the airway.
3. Keep the airway open.

Breathing:

1. Check for Breathing by looking, listening, and feeling for air (10 seconds).
2. If they are breathing then monitor and put them in the recovery position until the paramedics arrive.
3. If they are not breathing give them 2 breaths, allowing the air to come out in between.
4. If the air goes in then go to "Circulation."

Circulation:

1. Start CPR; 30 compressions to 2 breaths.
2. Continue until paramedics arrive or until something changes with the person (reassess at this point).

About compressions:

- Adult: use both hands. Compress 4-5 cm deep.
- Child: use one hand. Compress almost half way down.
- Infant: use two fingers. Compress almost halfway down.
- Fast and smooth.
- Do not stop unless something changes.
- Ribs may break, keep going.
- If they vomit roll them onto their side, clean their mouth, continue.

Two-Rescuer CPR:

In a situation where there are 2 trained first aiders, and they work well together, one rescuer can perform the compressions while the other rescuer gives the breaths. All the steps are the same, nothing changes. This is a bit more sufficient and less tiring for the rescuers. If the rescuer doing the compressions becomes tired they can switch positions.



[www.firstaid-cpr.net](http://www.firstaid-cpr.net)  
STEPS TO UNCONSCIOUS CHOKING

From conscious choking, once they become unconscious:

- Carefully lay them on the ground.
- Get someone to call for an ambulance.
- Perform a tongue-jaw-lift.
- Check the mouth for the food.

Airway:

1. Open, and maintain, their airway by tilting their head back and lifting their chin upwards.

Breathing:

1. Check for Breathing by looking, listening, and feeling for air (10 seconds).
2. If they are not breathing give them 2 breaths, allowing the air to come out in between.
3. If the air does not go in, re-position the head-tilt/chin-lift a bit further back and try blowing again. Be careful not to injure their neck.
4. If the air still does not go in,
5. Start CPR 30 compressions.
6. After 30 compressions perform a tongue-jaw-lift and check the mouth for the foreign object.
7. Remove the object if you see it.
8. Give them 2 breaths.
9. Go to step 3.
10. Repeat steps 5 to 10 until air goes in. Once air goes in then go to Circulation below.

Circulation:

1. Start CPR; 30 compressions to 2 breaths.
2. Continue until paramedics arrive or until something changes with the person (reassess at this point).

1. Ask “are you choking?”
2. Ask “can I help you?”
3. Step behind them and do abdominal thrusts (chest thrusts if they are big or pregnant).
4. Continue until the food comes out or until they become unconscious.
5. If the food comes out make them comfortable and activate ambulance if they need it.
6. If they become unconscious;
  - o Lay them down.
  - o Call for an ambulance.
  - o Check their mouth for the food.
  - o Follow the steps for Unconscious Choking (above).

Notes:

- The thrusts need to be quick and forceful. And if unsuccessful, the force needs to be increased.
- If they are visibly pregnant, or you can't get your arms around their abdomen then you must do chest thrusts on the breast bone.
- If they are considerable shorter than you, such as a child, kneel down behind them and do the exact same thing.
- Never pick up a child to put them on a table or a chair simply because you don't want to kneel down.
- After wards, this person should go see a doctor to make sure there was no internal damage done during the procedure.



STEPS TO CONSCIOUS CHOKING BABY

1. Lay them on your arm face down and give 5 back blows between the shoulder blades.
2. Turn them over face up and give 5 chest compressions on the breast bone.
3. Continue until the food comes out or until they become unconscious.
4. If the food comes out make them comfortable and get medical help if they need it.
5. If they become unconscious;
  - o Lay them down.
  - o Call for an ambulance.
  - o Check their mouth for the food.
  - o Follow the steps for Unconscious Choking (above).

