

CHOKING



Understanding Choking


- Choking occurs when a person has severe difficulty breathing due to an obstructed airway or lack of air.
- Coughing is the natural response to mild choking, indicating that there is still airflow through the windpipe.
- Severe choking occurs when the airway is blocked by a foreign object or local swelling, posing a life-threatening emergency.
- Infants and children often choke on non-edible objects, while most adult choking incidents happen while eating.

SIGNS AND SYMPTOMS






When a person is choking, observe the following signs:

- Difficulty in breathing
 - Ineffective coughing
 - Inability to speak or make sounds
 - Hands grasping the throat
 - Blue lips and tongue
 - Prominent veins in the face and neck
 - Dizziness or potential loss of consciousness
- 



Actions for Choking

- Approach and Help the Choking Person
 - Ask the person, "Are you choking?" (If the person can understand and respond)
- 

If the Person Can Cough or Breathe

- Instruct the person to continue coughing.
- Stay with the person until they can breathe normally again.

If the Person Cannot Speak, Cough, or Breathe

- Stand to the side and slightly behind the choking person (older than one year).
- Support the person's chest with one hand and bend them forward.
- Deliver five firm blows between the shoulder blades using the heel of your hand.
- Verify if the object has been dislodged and the person can breathe again

If the Object Did Not Dislodge and Choking Continues

- Stand behind the choking person, placing both hands around their abdomen.
- Form a fist and position it between the navel and lower tip of the breastbone.
- Hold your fist with your other hand and bend the person forward.
- Pull your fist firmly toward you and upwards, delivering five abdominal thrusts.



- This method is applicable to individuals older than one year.
- If the air passage is clear, discontinue abdominal thrusts but limit to five repetitions.
- If the object remains lodged, alternate five back blows and five abdominal thrusts.
- Repeat until the object is expelled or the person loses consciousness.



If the Person Loses Consciousness

- Carefully lay the unconscious person on the floor.
- Call for help if alone and ask a bystander to seek immediate assistance or arrange transportation to a healthcare facility.
- Kneel down beside the person and, if necessary, turn them onto their back.
- Initiate CPR.



Choking In Infants



Understanding Infant Choking

- Choking in infants occurs when their airway is obstructed or airflow is restricted, posing a life-threatening situation.
- Prompt action is crucial when dealing with choking infants, as they are unable to clear their airway effectively.
- Infants often choke on non-edible objects, and immediate assistance is necessary to prevent complications.

ACTIONS FOR CHOKING INFANTS (UNDER ONE YEAR)

1

Urgent Assistance

2

Positioning

3

Head and Neck Support

4

Back Blows

Urgent Assistance

- Call for help if alone, ensuring someone seeks immediate assistance or arranges transportation to the nearest healthcare facility.
- Instruct the bystander to confirm if help has been obtained.

Positioning

- Kneel down to secure a stable position and prevent the baby from falling.
- Place the baby along your forearm:
 1. Right-handed individuals: Use the left forearm.
 2. Left-handed individuals: Use the right forearm.

Head and Neck Support

- Support the baby's head and neck with one hand, ensuring the mouth remains uncovered.
- Position the baby face down, with the head lower than the trunk, resting on your forearm and supported by your thigh.






Back Blows

- With your free hand, deliver five firm blows to the area between the baby's shoulder blades, using the base of your palm.

Repositioning

- Swiftly turn the baby, while supporting the head, onto their back, facing you and resting on your arm
- 

If Object Not Dislodged

Chest Thrusts

- Place two fingers (the two after your thumb) in the middle of the baby's chest.
- Deliver five thrusts, pushing inward and upward.
- Note: This method of chest thrusts is only suitable for infants under one year old.
- Discontinue after five thrusts.



Alternate Blows and Thrusts

- If the object remains lodged and the baby is still choking, provide another set of five back blows followed by five chest thrusts.
- Repeat this process until the object is expelled or the baby loses consciousness.

Baby Losing Consciousness

- Safe Placement
- Lay the baby down on a firm and safe surface, such as the floor.
- CPR Initiation
- Begin CPR on the baby, following appropriate procedures.
- Continuing CPR and Seeking Assistance