

Helping someone who is:

## Choking

Key action:

**Give back blows.**



**Recognise  
what to do:**

They may be clutching at their chest or neck and won't be able to speak, cough or breathe.

**Steps to take:**

Bend them forwards and hit them firmly on their back between the shoulder blades

**Supporting knowledge:**

Hitting someone firmly on the back creates a strong vibration and pressure in the airway which is often enough to dislodge the object.

Dislodging the object will allow them to breathe again.

