

# Choking



**[1]**

**Bend the person forward. Give up to five sharp blows between the shoulder blades. Check the mouth for dislodged objects.**



**[2]**

**Give abdominal thrusts. Place clenched fists just below the ribs. Pull inwards and upwards up to five times. Check the mouth for dislodged objects. Repeat two further cycles of blows and thrusts if the casualty is still choking and then call 999.**