St John
Ambulance

WHAT TO DO IF SOMEONE IS CHOKING

1. Cough it out

➤ Encourage the person to keep coughing

2. Slap it out

➤ Give up to five sharp back blows between the shoulder blades

➤ Check their mouth

3. Squeeze it out

➤ Give up to five abdominal thrusts

4. Call 999/112

➤ If they're still choking, call 999/112 for emergency help. Repeat back blows and abdominal thrusts until help arrives.

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