

# 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.