

Choking



Choking

A short course to learn
how to deal with a
casualty who is choking.

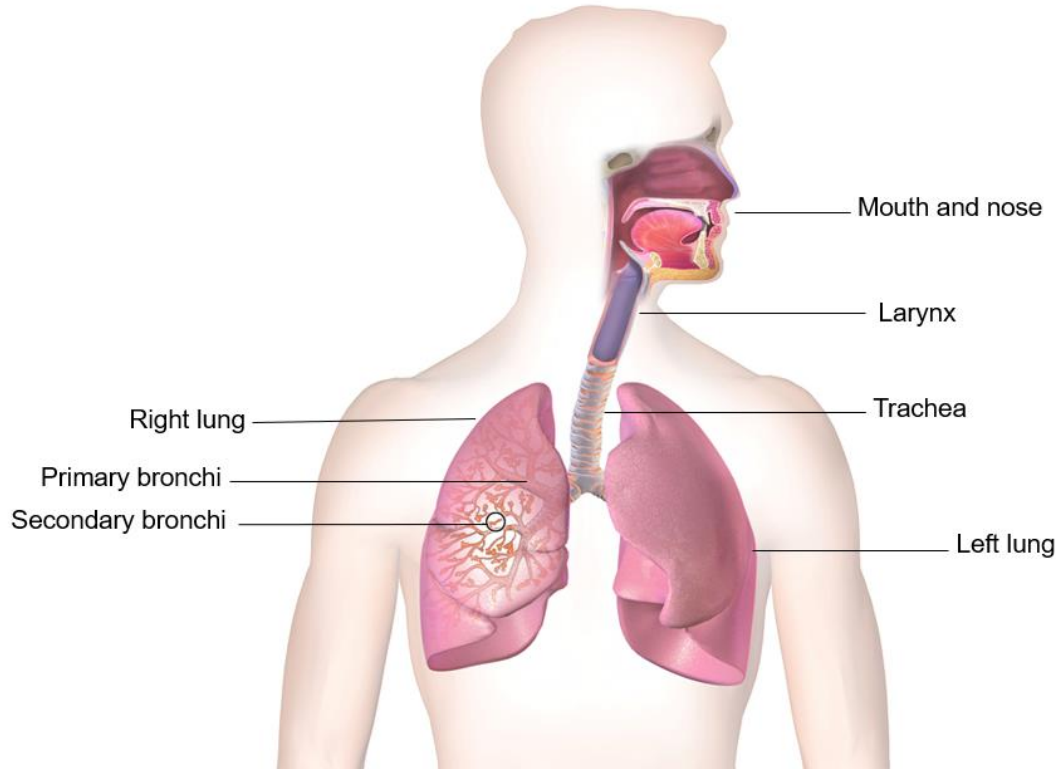
Learning outcomes

- **I am able to recognise when someone is choking**
- **I can give first aid to a casualty who is choking**
- **I am able to get help for a casualty who is choking.**

Casualty care

- 1. Always talk to the casualty.**
- 2. Listen carefully to what your casualty tells you (if they are able to talk).**
- 3. Try to make sure you have the correct information before dialing 999 or 112.**

Anatomy of the airway



We breathe in (**inspiration**) and out (**expiration**).

This whole process is called **respiration**.

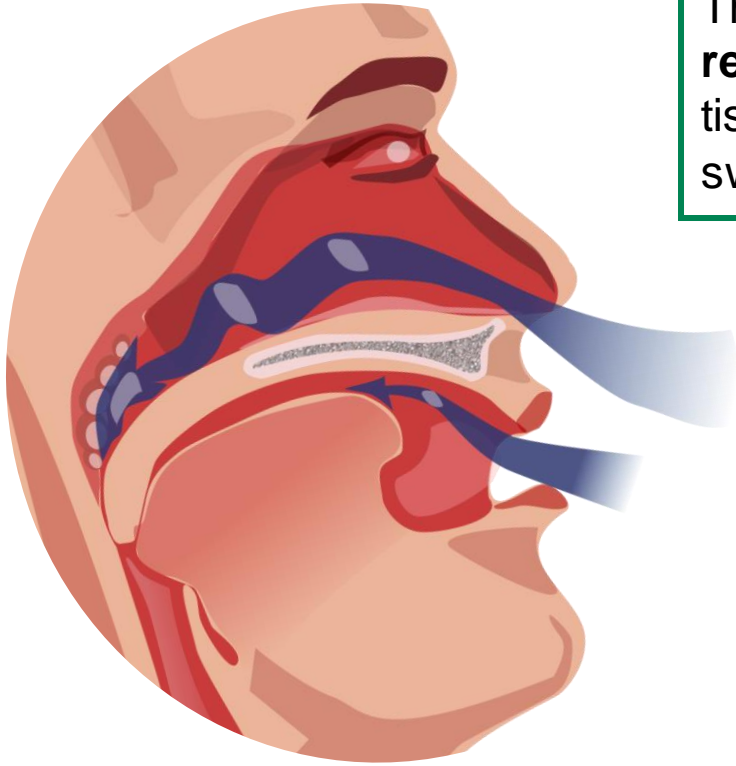
The average adult respiration rate is **14 – 20** times per minute.

The ribs help to protect the important chest organs – the heart and lungs.

S&C: How many times would you breathe in and out in a day if you breathe 15 times per minute?

Emergencies of the airway

The airway could be blocked due to a **restriction**. This could be caused by tissues of the **airway narrowing** due to swelling brought on by allergies, burns etc.



The airway could be blocked due to an **object**. This is known as an **obstruction**. This could be food, foreign body or the tongue if the casualty is unresponsive.

Obstruction vs restriction

Obstruction key words:

- Blocked
- Obstruction
- Unable to breathe
- Object in throat
- Coughing
- Holding throat



Restriction key words:

- Narrow airway
- Difficult to breathe
- Tight chest
- Possibly wheezing
- Possibly swelling
- Coughing

What's wrong?

What symptoms
might there be?

What signs
might there be?

Why could this
be happening?

How could the
casualty tell you
what is wrong?

What do you
think is
happening?



Signs and symptoms

How many of these answers did you get?

Wheezing/difficulty
breathing

25

Unresponsive

21

Grabbing throat

21

Can't speak

17

Coughing

11

Panicked

14

Face turning blue

13

Wide eyes

19

Total:

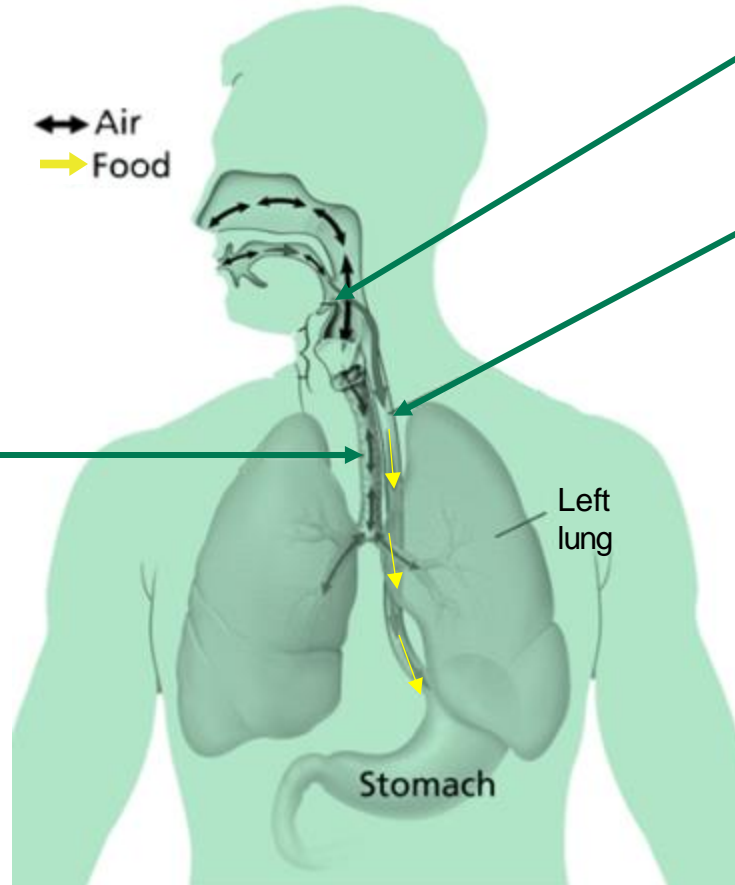
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Passage of air and food

Trachea (windpipe):
a cartilaginous tube
that connects to the
lungs
Is present in all air
breathing animals

It allows the passage
of air and extends
from the larynx into
the primary bronchi
of the lungs



Epiglottis:

A flap in the throat that
prevents food entering
the windpipe

Oesophagus:

A muscular tube approx. 25 cm
long

It connects the mouth to the
stomach

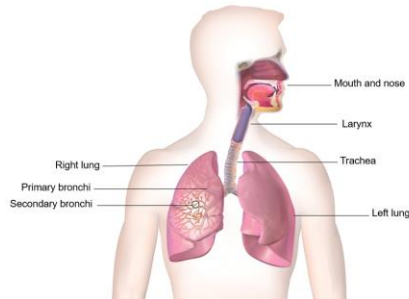
The walls of the oesophagus
contract to move the food along
the tube into the stomach



Activity A39

Be creative

Students now have the option to create a poster that demonstrates the passage of air and food. Use the poster to explain and label how choking may occur, research or use slides within this presentation to help with this task.



Choking

Choking happens when something gets stuck at the back of your throat.

Which of these do you think a child is most likely to choke on?

What could you do to try and prevent choking from happening?



Children choking A38



- Choking is a _ _ _ _ _ cause of death in children under the age of three. (ROSPA July 2019)
- They put objects in their _ _ _ _ _.
- They don't always chew their _ _ _ _ properly.
- They have small, _ _ _ _ _ , airways.
- One child dies every _ _ _ _ _ from a choking incident.



Adults choking A38



Possible causes of choking for adults:

- An _ _ _ _ _ reaction.
- Too much _ _ _ _ in the mouth.
- Walking, talking or _ _ _ _ _ whilst eating.
- The elderly may find it hard to _ _ _ _ _.
- Burns may cause tissues in the airway to _ _ _ _ _.

Watch this video

<https://youtu.be/7G9PuAwoowI>

Your turn: Choking

1. Ask

- 'Are you choking?'

2. Encourage

- casualty to cough



3. Give

- up to 5 back blows using the heel of your hand between their shoulder blades



4. Give

- up to 5 'tummy' thrusts (abdominal thrusts)



5. Help

- if still choking call 999/112 for emergency help

6. Repeat the cycle if necessary

- **Remember:** Your casualty could become unresponsive. Be prepared to perform CPR

Quick quiz



What can cause restriction of the airway?

What can cause obstruction of the airway?

Name two anatomical parts of the airway

What is the first thing you should do if a casualty is choking?

How many back blows should you give to a choking casualty?

What is the process of breathing in and out called?

Check your learning

I am able to:

- **Identify when someone is choking**
- **Give first aid to a casualty who is choking**
- **Call for help correctly, if it is necessary**



YES UNSURE NO

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Thank you!

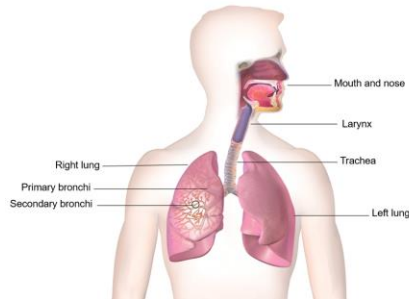
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Activity A25

Choking word filler

Select the words and expand answers on this worksheet.

Use the **downloadable worksheet** which can be found on the St John Ambulance website.



Adult and child choking A38

Activity A38

Choking

- Choking is one of the _____ causes of death in children under the age of three (ROSPA July 2019)
- They put objects in their _____.
- They don't always chew their _____ properly.
- They have small, _____, airways.
- One child dies every _____ days from a choking incident.

Possible causes of choking for adults:

- An _____ reaction
- Too much _____ in the mouth
- Walking, talking or _____ whilst eating
- The elderly may find it hard to _____
- Burns may cause tissues in the airway to _____



S&C

Complete and expand the sentences

Activity A41

Storyboard

Students have the opportunity to create their own choking [story board](#) which has a minimum of 4 scenes. Be sure to include the following: a choking scenario, anatomy of the airway, signs and symptoms and correct treatment for a choking casualty. Use the [downloadable worksheet](#) which can be found on the St John Ambulance website.

Activity A42

The respiratory system

Students can now demonstrate their knowledge by labelling the key elements of the respiratory system. Use the [downloadable worksheet](#) which can be found on the St John Ambulance website.

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6. Repeat the cycle if necessary

- **Remember:** Your casualty could become unresponsive. Be prepared to perform CPR