



Co-Creating Safe and Enjoyable Meals for People with Swallowing Difficulty



**Responding to Choking:
Extract from Additional Resources**

Responding to Choking

How to help a person who is choking



If the **person is responsive** and have an **effective cough**, they should be encouraged to cough repeatedly.

If they are **responsive** and have an **ineffective cough**, you should:



1. Call for help
2. Give 5 back blows
3. If that is not effective, give 5 chest thrusts
4. Repeat.



If they are **unresponsive**, you should:

1. Call for help from an additional person if possible
2. Call an ambulance (000)
3. Start Cardio Pulmonary Resuscitation (CPR).

How to help a wheelchair user who is choking



If the **person is responsive** and have an **effective cough**, they should be encouraged to cough repeatedly.



If they are **responsive** and have an **ineffective cough**, you should:

1. Call for help
2. Apply the wheelchair brakes
3. Remove the person's postural harness
4. Lean the person forward
5. Give 5 back blows
6. If that is not effective, give 5 chest thrusts
7. Repeat



If they are **unresponsive**, you should:

1. Call for help from an additional person if possible
2. Call an ambulance (000)
3. Apply the wheelchair brakes
4. Remove the person's postural harness
5. Transfer the person from the wheelchair to the floor
6. Deliver CPR