RESUSCITATION COUNCIL OF SOUTHERN AFRICA

2021

Choking Algorithm

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CONSCIOUS VICTIM

ABLE TO COUGH, TALK OR BREATHE?

Yes → **ENCOURAGE COUGHING**
Watch for improvement or deterioration

No →

Adult/Child
Up to 5 abdominal thrusts and if ineffective up to 5 back slaps

Pregnant/Obese
Provide chest thrusts

Infant
Up to 5 back slaps and up to 5 chest thrusts if necessary

STILL CONSCIOUS?

Yes → ABLE TO COUGH, TALK OR BREATHE?

No → UNCONSCIOUS VICTIM

Emergency Numbers
Local: …….....
Cellphone: 112
Telephone: 10177

UNCONSCIOUS VICTIM

Call for assistance

OPEN AIRWAY
Look for and remove any visible foreign material

CHECK FOR BREATHING

Breathing →
Place in recovery position
Check for continued adequate breathing
Reassess continuously

Not breathing →

START CPR

Single Rescuer
- 30 chest compressions
- Look inside the mouth and remove any foreign object
- Attempt 2 breaths

Repeat until help arrives or breathing resumes

Child with two rescuer
- 15 compressions
- Look inside the mouth and remove any foreign object
- Attempt 2 breaths