










# First Aid Teacher Guide

## First Aid for someone who is choking

	<p><b>COUGH IT OUT</b></p> <p>Encourage them to cough. If this doesn't clear the obstruction, support their upper body with one hand and help them lean forward</p>
	<p><b>SLAP IT OUT</b></p> <p>Give up to five sharp back blows between their shoulder blades with the heel of your hand</p>
	<p><b>SQUEEZE IT OUT</b></p> <ul style="list-style-type: none"> <li>• If the obstruction has not cleared, stand behind them and put both arms around the upper part of the abdomen</li> <li>• Clench your fist and place it between the navel and the bottom of their breastbone</li> <li>• Grasp your fist firmly with your other hand</li> <li>• Pull sharply inwards and upwards up to five times</li> <li>• If this doesn't clear the obstruction repeat backslaps and abdominal thrusts up to three times</li> </ul>
	<p><b>DIAL 999</b></p> <p>If it still hasn't cleared, call 999/112 for emergency help. Continue until help arrives</p>

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## First Aid for someone who is unconscious

	<p><b>OPEN AIRWAY</b></p> <p>If they are unconscious, check their airway is open and clear</p>
	<p><b>TILT HEAD</b></p> <p>Tilt the head and lift the chin to open the airway</p>
	<p><b>CHECK FOR BREATHING</b></p> <p>Look along the chest, and listen and feel for breaths</p>
	<p><b>IF NOT BREATHING</b></p> <p>If they are not breathing, their heart will stop. CPR must be started immediately.</p>
	<p><b>RECOVERY POSITION IF BREATHING</b></p> <p>If spinal injury is not suspected, put them in the recovery position</p>