

choking awareness

What to do when a wheelchair user is choking



Choking is serious and if not treated quickly can cause long term damage or death. If you see someone choking, you need to act quickly to unblock their airway.

Ignore the wheelchair!

If the person choking is in a wheelchair the first aid for choking remains the same.



If you see someone in a wheelchair choking stop and help



Encourage the person to cough



If they can't cough shout for assistance.



Apply brakes to wheelchair

Lean the person forward, use your hand to support their chest to stop them falling forward

Give them 5 sharp blows between the shoulder blades with the heel of your hand



If they are still choking wrap your arms around their waist. Make a fist and put it above their belly button. Place your other hand on top of your fist. Pull in and up. This is called an abdominal thrust. Repeat up to 5 times.

If they are still choking alternate 5 back blows with 5 abdominal thrusts checking after each action to see if obstruction has been removed.

If patient collapses call 999 and commence CPR



If you are on your own, stop and phone the ambulance and return to the person immediately



For some people in a wheelchair it can be difficult to perform the general first aid. It may be possible to learn alternative procedures please seek advice from a community nurse or resuscitation officer