First aid steps for a child or adult



Put the steps in the correct order (1-8) of giving first aid to a chocking child or adult.

Make a fist with one hand.

If they become unresponsive, be prepared to give CPR.

Grasp your fist with the other hand and give a quick, upwards thrust into the abdomen.

If you think someone is choking, ask 'Are you choking? Can I help you?'.

Give thrusts until the object is forced out and the person can breathe, cough, or speak.

Stand firmly or kneel behind them. Wrap your arms around their waist so that your fists are in front.

Put the thumb side of your fist a little above their belly button.

If the person nods yes, tell them you are going to help.

LIVEWORKSHEETS