

## Fundamentals of First Aid - Choking

1. A conscious choking person should be encouraged to cough.  
 True  False
2. What is the term used for the actions needed to try and clear the airway of a conscious choking person?
  - a. 2 to 2
  - b. 30 to 1
  - c. 5 and 5
3. When giving back blows use your:
  - a. Fist
  - b. Heel on your hand
  - c. Foot
4. An unconscious choking person should be given liquids to try and dislodge the object.  
 True  False

### What Would You Do?

You are eating lunch. Suddenly one of your colleagues starts coughing and clutching their throat. They are clearly in distress. What would you do?

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