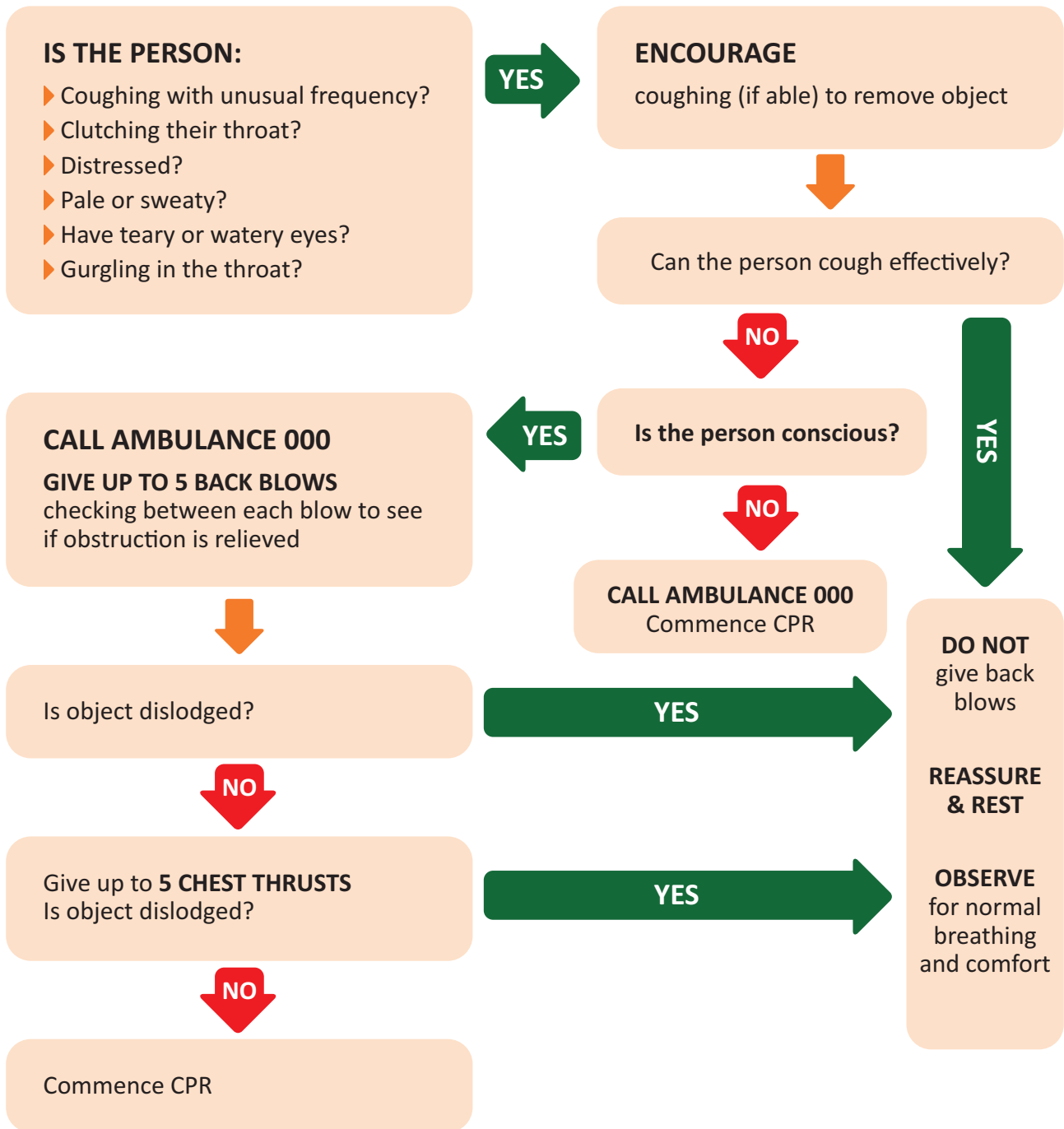


# Choking



**First aid saves lives.**  
Individual and group bookings available.  
**1300 367 428 | [redcross.edu.au](http://redcross.edu.au)**

These guidelines do not replace first aid training.  
Red Cross recommends that everyone is trained in first aid.  
This information is accurate as of July 2015.

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**TRAINING  
SERVICES**