

CHOKING RISK ASSESSMENT

Course Number

S1

Validity

1 Year

Duration

3 Hours

Assessment

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This Choking Risk Assessment course provides delegates with essential knowledge and practical skills to identify, assess, and respond to choking risks in health and social care settings. Delegates will explore the causes and signs of choking, the anatomy involved in swallowing, and the importance of a structured risk assessment. The session also introduces the IDDSI framework and safe swallowing practices, concluding with a practical demonstration of emergency choking response. This course is suitable for healthcare staff, carers, and support workers.

Introduction

- Introduction and course overview

Course Programme

- What is choking? Signs, symptoms, and causes
- Anatomy of swallowing and common risk factors
- Choking risk assessment: tools, questions, and case studies
- Roles of healthcare professionals and safe swallowing advice
- Overview of IDDSI framework
- Emergency response: first aid for choking
- Practical demonstration: back blows and abdominal thrusts
- Summary, questions, and course evaluation

Suitable for:

Care



"Choking can result in serious or fatal injuries and is avoidable in cases where there is a known risk." CQC