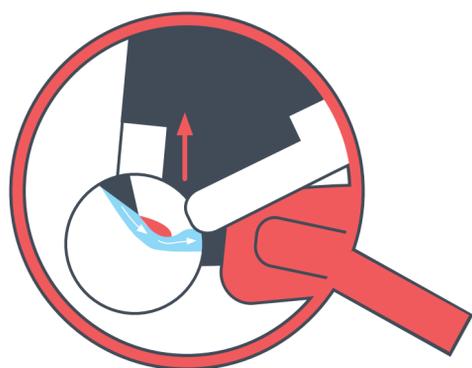
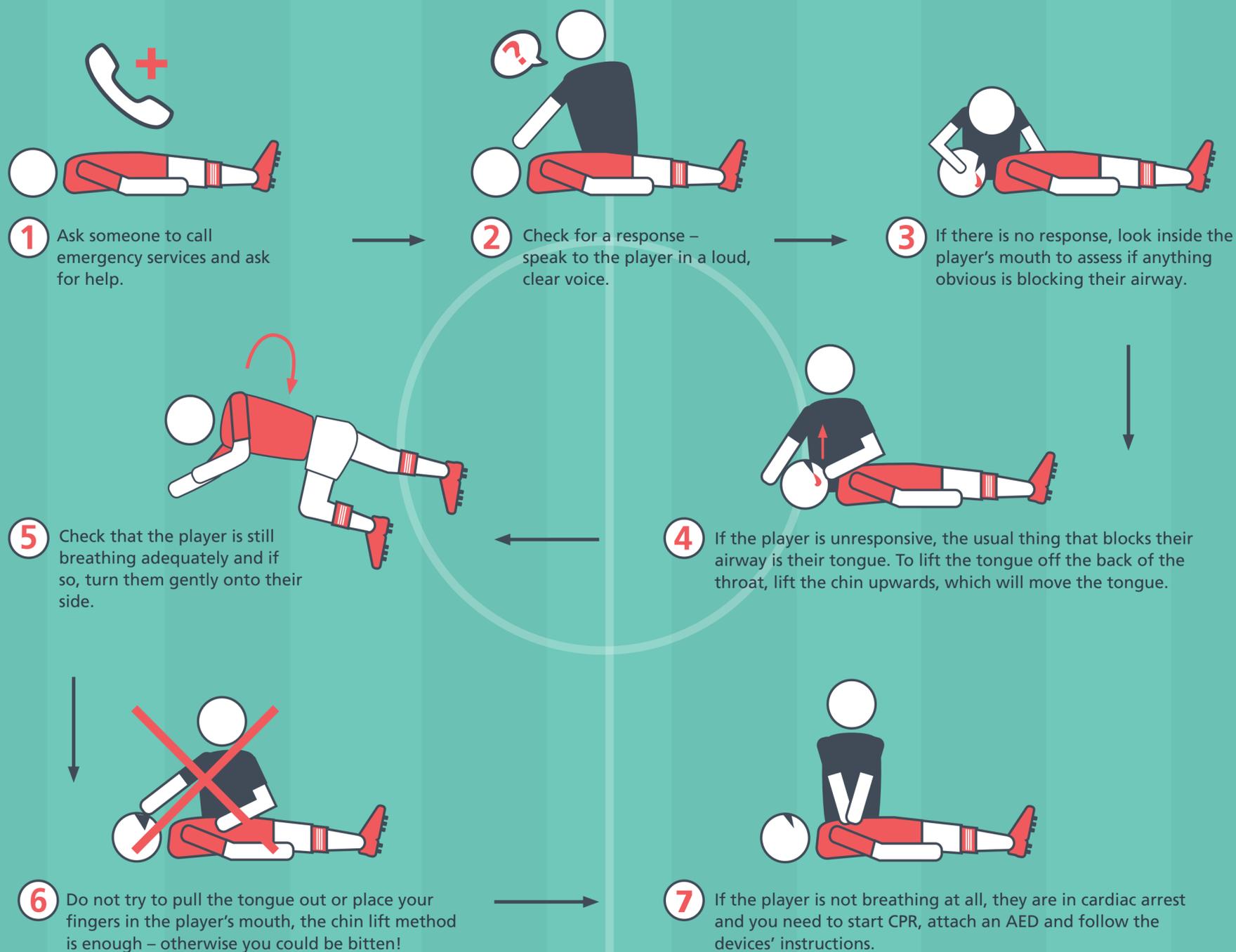


CONTACT COLLAPSE

What to do when a player's tongue obstructs their airway

If a player collides with another player, a goalpost or the ground and remains unconscious, the airway may become obstructed if they are lying on their back. If so, do the following:



Act quickly.

The risk of permanent effects, and even death, increases rapidly after a few minutes.

Can a player swallow their own tongue?

"Swallowing your tongue" is virtually impossible. When a person becomes unconscious and they are

lying on their back, the force of gravity causes the chin and tongue to fall backwards against the back of the mouth and throat, which may block the airway. The tongue is the most common cause of airway obstruction in an unconscious adult. There have been cases of this happening on the pitch which is why it is good to be prepared: treatment is simple and can save a life.

For more information complete the "general emergency" module in the Team Care section of the FIFA Diploma in Football Medicine: www.fifamedicinediploma.com

This tool does not constitute, and is not intended to constitute, a standard of medical care. These recommendations are not intended to be a substitute for the clinical judgement of the medical staff providing treatment and should be interpreted based on the individual needs of the patient and the specific facts and circumstances presented.

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