

First Aid **for Choking**

Choking **Infant**

Infant & Child

conscious

If the infant (under 1 year) is making high pitched noises or is having trouble breathing:

1 Give 5 Back Blows

1. Place the infant stomach-down across your forearm.
2. Give 5 slaps on the infant's back with level of your hand.



2 Give 5 Abdominal Thrusts

1. If object remains lodged, turn the infant over.
2. Support the head and neck securely with your palms. Keep the head lower than the chest.
3. Give 5 chest thrusts using two fingers on the infant's breastbone just below the nipple line.
4. Repeat 5 back blows and 5 chest thrusts.
5. Continue until object is expelled, or child becomes unconscious.



unconscious

3 Rescue Breathing

- If the infant becomes unconscious:
1. Have someone else call the emergency number.
 2. Lay the infant on a firm flat surface.
 3. Open the mouth, look far and narrow any foreign object seen in the mouth.
 4. Give the airway - push back on forehead and lift chin.
 5. Check for breathing. If not breathing—
 6. Cover the nose and the mouth.
 7. Give 2 breaths.
 8. Use 2 fingertips to press down firmly on the breastbone just below the nipples.
 9. Compress firmly 30 times then give 2 breaths.
 10. Continue cycles of 30 compressions and 2 breaths until help arrives.



Choking **Child**

conscious

If a choking child (1-6 years) can speak, breathe or cough - stand by and encourage coughing to force out the object.

1 Give 5 Back Blows

1. Stand behind the child.
2. Hold the body with your single arm.
3. Give 5 slaps on the child's back with heel of your hand.



2 Give 5 Abdominal Thrusts

1. Stand behind the child.
2. Place a fist below the child's navel and above the belly button.
3. Press into the child's abdomen with a quick upward thrust. Be gentle.
4. Repeat until object is expelled or the child becomes unconscious.



unconscious

3 Rescue Breathing

- If the child becomes unconscious:
1. Have someone else call the emergency number.
 2. Lay the child on a firm flat surface.
 3. Open the mouth, look far and narrow any foreign object seen in the mouth.
 4. Give the airway - push back on forehead and lift chin.
 5. Check for breathing. If not breathing—
 6. Cover the nose and the mouth.
 7. Give 2 breaths.
 8. Press down firmly on the center of chest.
 9. Compress firmly 30 times then give 2 breaths.
 10. Continue cycles of 30 compressions and 2 breaths until help arrives.



Possible food choking hazards for infants & children - tough or large chunks of meat, fish with bone, peanuts or other nuts and seeds, whole uncut fruit, raw vegetable pieces, popcorn, hard or sticky candy, whole grain kernels.