

FIRST AID CHOKING CHILD

1. Bend the child forward, supporting them on their chest with the other hand and use the other lay of your hand to give a sharp back blow between the shoulder blades.

2. Check to see if the blockage has cleared before giving another blow. If the blockage hasn't cleared after five blows try abdominal thrusts / Heimlich maneuver.

3. Stand behind the child and place one hand in a fist under their rib cage. Use the other hand to pull up and under dislodge the obstruction. Perform abdominal thrusts up to 5 times, checking each time to see if the obstruction has cleared. Anyone who has received abdominal thrust must be seen by a doctor.

4. If the child is still choking, call 999 (or 112) and alternate five back blows and five abdominal thrusts until the emergency help arrives.

5. If at any point the child becomes unconscious, commence CPR.

