

► Choking (Child)

If a choking child can speak, breathe or cough – STAND BY and encourage coughing.

If a conscious child cannot speak, breathe or cough:

- 1 Stand behind the child and find top of the hip bones with your hands.
- 2 Place a fist midline against the abdomen.
- 3 Grasp fist with other hand and press inward and upward forcefully.
- 4 Continue until object is expelled or child becomes unconscious.



PLACE FIST MID-LINE ON ABDOMEN

If the child becomes unconscious ease him or her to the ground and send for medical help

- 1 Open the mouth and look for obstruction.
- 2 Open the airway and check breathing. If not breathing...
- 3 Give two breaths. If air doesn't go in the first time, reposition the head and try again.
- 4 Begin CPR. Give 30 compressions.
- 5 Each time you finish 30 compressions, look in mouth before giving a breath.



MAKE A FIST



THRUST INWARD AND UPWARD

► Choking (Infant)

If infant is making high pitched noises or is having trouble breathing:

- 1 Give 5 forceful blows between the shoulder blades.
- 2 Turn infant over and give five chest thrusts using two fingers on the infant's breastbone just below the nipple line.
- 3 Repeat 5 back blows and 5 chest thrusts .
- 4 Continue until object is expelled or child becomes unconscious.



5 BACK BLOWS

If the infant becomes unconscious place him or her on a firm flat surface and send for medical help

- 1 Open the mouth and look for obstruction.
- 2 Open the airway and check breathing. If not breathing...
- 3 Give two breaths. If air doesn't go in the first time, reposition the head and try again.
- 4 Begin CPR. Give 30 compressions.
- 5 Each time you finish 30 compressions, look in mouth before giving a breath.



5 CHEST THRUSTS