



First aid: help a choking baby

Cut out this handy first aid guide for use in an emergency.

A baby is **choking** when the airway is partially or completely blocked. This obstruction must be removed as soon as possible.

Steps

1 Place the baby face down on your forearm and hold the head low (kneeling on the floor).



2 Give up to five sharp beats between the shoulder blades on the baby's back. **x 5**



3 Turn the baby around with his/her face up on your forearm.

6 Place two fingers on the lower part of the baby's breastbone, one finger's breadth below the nipple, and **give five sharp chest presses**.



5 If not, **give** up to five abdomen presses.

4 Check if the obstruction is gone.



7 Repeat the steps until the barrier has dislodged or help has arrived.

8 If the baby has become unconscious, remove the obstruction and begin **mouth to mouth resuscitation**.

