

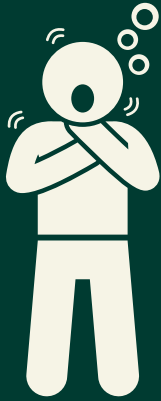


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# CHOKING-CHILDREN

Age 1 and up

PREPARE YOURSELF TO BE CONFIDENT IN AN EMERGENCY



## ASSESS CHILD

- Ask "ARE YOU CHOKING"?
- If they nod yes or are unable to speak, act quickly.
- If another person available have them call 911.

## POSITION YOURSELF

- Kneel or stand behind the child  
Reach around and locate navel.
- Make a fist and place thumb side one inch above navel and below ribs.
- Grasp fist with other hand.



## GIVE THRUSTS

- Give thrusts inward and upward into abdomen.
- Repeat. Give thrusts with the intent to expel the object.
- Continue until person can breathe normally.

## IF CHILD BECOMES UNCONSCIOUS

- Lower them to the ground.
- If alone with child give 2 minutes of CPR, then call 911.
- If someone else is present have them call 911 while you start CPR.



## START CPR

- Begin CPR starting with compressions.
- Look in the mouth, if object seen remove it before giving breaths.
- Continue CPR until someone takes over or EMS arrives.



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# CHOKING-INFANTS

Less than 1 year of age

PREPARE YOURSELF TO BE CONFIDENT IN AN EMERGENCY

## ASSESS INFANT



- Look at infants face.
- If they have a weak or ineffective cough or lack of sound when attempting to breathe, act quickly.
- If another person available have them call 911.

## GIVE 5 BACK BLOWS

- Lay infant face down over your forearm with legs straddled and with head lower than the chest.
- Support head by holding the jaw.
- Use the heel of the other hand to, give 5 back blows between the shoulders.



## GIVE 5 CHEST COMPRESSIONS

- Sandwich the infant between your forearms and turn onto back.
- Place 2 fingers on the breastbone just below nipple line and give 5 chest compressions.
- Repeat until infant can breathe.



## IF INFANT BECOMES UNCONSCIOUS

- Place them on a firm surface.
- If alone with infant give 2 minutes of CPR, then call 911
- If someone else is present have them call 911 while you start CPR



## START CPR

- Begin CPR starting with compressions
- Look in the mouth, if object seen remove it before giving breaths.
- Continue CPR until someone takes over or EMS arrives



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