

Child choking emergencies quick reference guide (1-8 years)

IF THE CHILD IS CHOKING, BUT YOU CAN STILL HEAR NOISE (COUGHING, WHEEZING):

1. Encourage coughing verbally. Keep hands off!



IF THE CHILD IS CHOKING, AND YOU CANNOT HEAR ANY NOISE:

2. Stand behind the victim (placing your foot between their feet).
3. Find their bellybutton and place your fist right above (if the child is much shorter than you, get on your knees so you are at their level).
4. Thrust upwards on an angle using lots of force.
5. Repeat until item is dislodged or the child falls unconscious.

TIP

Resist the urge to forcefully hit the child's back when they are sitting straight up. This could cause whatever is stuck in their throat to become lodged further down.

IF THE CHILD FALLS UNCONSCIOUS:

6. **Ambulance** - (call  + first aid kit). Have someone call for you. **If you are alone**, perform **5** cycles of 2:30 (approx  minutes) of CPR before retrieving help.
7. Look inside of mouth after every CPR cycle (scoop out item if you see it).
8. Continue CPR until EMS arrives, until you are physically exhausted, until someone else takes over or until the victim improves.

TIP: Even if the food or object is dislodged by performing abdominal thrusts, still insist they see a doctor.

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

