

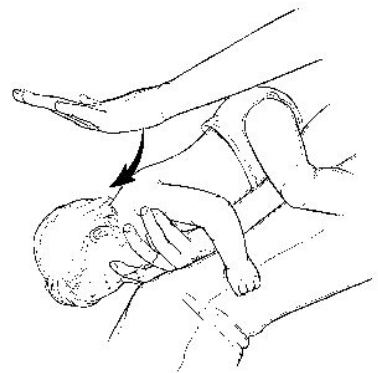
Infant choking emergencies quick reference guide (0-1 years)

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

1. Encourage coughing by gently rubbing the baby's back and let them cough it out.

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

2. Cradle the baby's chin in your hand supporting their head.
3. Support the baby's weight on your arm and leg. Ensure their head is lower than the rest of their body (let gravity help you).
4. Give **5** back blows (as shown here).
5. Flip baby over (while supporting their head) and give **5** chest compression between the nipples in the centre of the chest.
6. Repeat steps 4 & 5 until item is dislodged or baby falls unconscious.



TIP

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

IF THE INFANT FALLS UNCONSCIOUS:

7. **Ambulance** - (call **911** + first aid kit). Have someone call for you. **If you are alone**, perform **5** cycles of 2:30 (approx **2** minutes) of CPR before retrieving help.
8. Look inside of mouth after every CPR cycle (scoop out item if you see it).
9. Continue CPR until EMS arrives, until you are physically exhausted, until someone else takes over or until the victim improves.

TIP: When administering CPR using a face mask on an infant, position the narrow end to the baby's chin for a better fit.

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

