

First Aid for **Choking** Infant

Infants and small children love to put things in their mouths which can result in choking. Peanuts and hard sweets are especially dangerous for children under five years. Toys, food, pen caps and coins may also be responsible.

Infant (under 1 year)

- 1** Place infant with head downwards on your forearm—supporting head and shoulders on your hand. Hold infant's mouth open with your fingers.
- 2** Give up to 5 sharp blows with the heel of one hand to the back between shoulders—checking if the airway obstruction is relieved after each back blow.
- 3** Turn infant onto back, open mouth and remove any loose foreign material with your little finger.
- 4** If unsuccessful after 5 back blows, give chest thrusts—place infant on back on a firm surface. Place two fingers in the CPR compression position and give 5 chest thrusts—slower but sharper than compressions.



If casualty becomes unconscious:

- Call 000 for an ambulance.
- Remove any visible obstruction from the mouth.
- Commence CPR.