**CHOKING INFANT**

Managing a choking infant (under 1 year)

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**Signs & symptoms**

- coughing, wheezing, gagging
- difficulty breathing
- making a whistling or ‘crowning’ noise or no sound at all
- face, neck lips, ears, fingernails turning blue

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**Management**

1. **Call triple zero (000) for an ambulance.**

2. **Place infant with head downwards on your forearm**
   - support head and shoulders on your hand
   - hold infant’s mouth open with your fingers.

3. **Give up to 5 back blows**
   - with the heel of one hand to the back between shoulders
   - checking if the airway obstruction is relieved after each back blow.

4. **Turn infant onto back, open mouth and remove any loose foreign material with your little finger.**

5. **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
   - give 5 chest thrusts—slower but sharper than compressions
   - check if obstruction has been relieved after each chest thrust.

**If infant becomes unconscious**

- commence CPR.

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**In an emergency, call triple zero (000) for an ambulance**

**For more information on St John first aid training and kits, visit [www.stjohn.org.au](http://www.stjohn.org.au) or freecall 1300 360 455**

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This information is NOT a substitute for first aid training. St John recommends that everyone is trained in first aid.