

CHOKING INFANT

Managing a choking infant (under 1 year)

Signs & symptoms

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

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.

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 or freecall 1300 360 455