

# FIRST AID FOR CHOKING IN CHILDREN

Signs a child is choking include distress, coughing, gagging, noisy breathing, struggling to breathe, no sounds, paleness, changing colour in the face, & loss of consciousness.

If a child shows signs of choking, stay calm. Encourage the child to cough to clear the blockage. If it doesn't clear call **000** immediately. Follow the below steps to clear a complete blockage (child is unable to cough):

## GIVE 5 BACK BLOWS

Bend the child forward. With the heel of your hand, give a firm back blow between the shoulder blades. Give up to 5 blows. Look in the child's mouth between each blow to check whether the blockage has cleared. If it hasn't cleared, try chest thrusts.



## GIVE 5 THRUSTS

Put one hand in the middle of the child's back and the other hand in the centre of the chest. Use the heel of the hand on the chest to do 5 chest thrusts – like CPR compressions but slower and sharper. Look in the child's mouth between each thrust to check whether the blockage has cleared.



## CONTINUE ALTERNATING

If the child is still choking, alternate 5 back blows and 5 chest thrusts until emergency help arrives. If the child becomes unconscious and isn't breathing normally, start CPR following the steps of DRSABCD.



Police, Fire,  
Ambulance

**000**

Mobile:  
**112**

Speech & hearing-impaired

**106**