

# FIRST AID FOR CHOKING IN INFANTS

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

If a baby shows any signs of choking, phone **000** immediately. Lean the baby forward or over the lap and encourage coughing if the baby is coughing. Follow the below steps to clear a complete blockage:

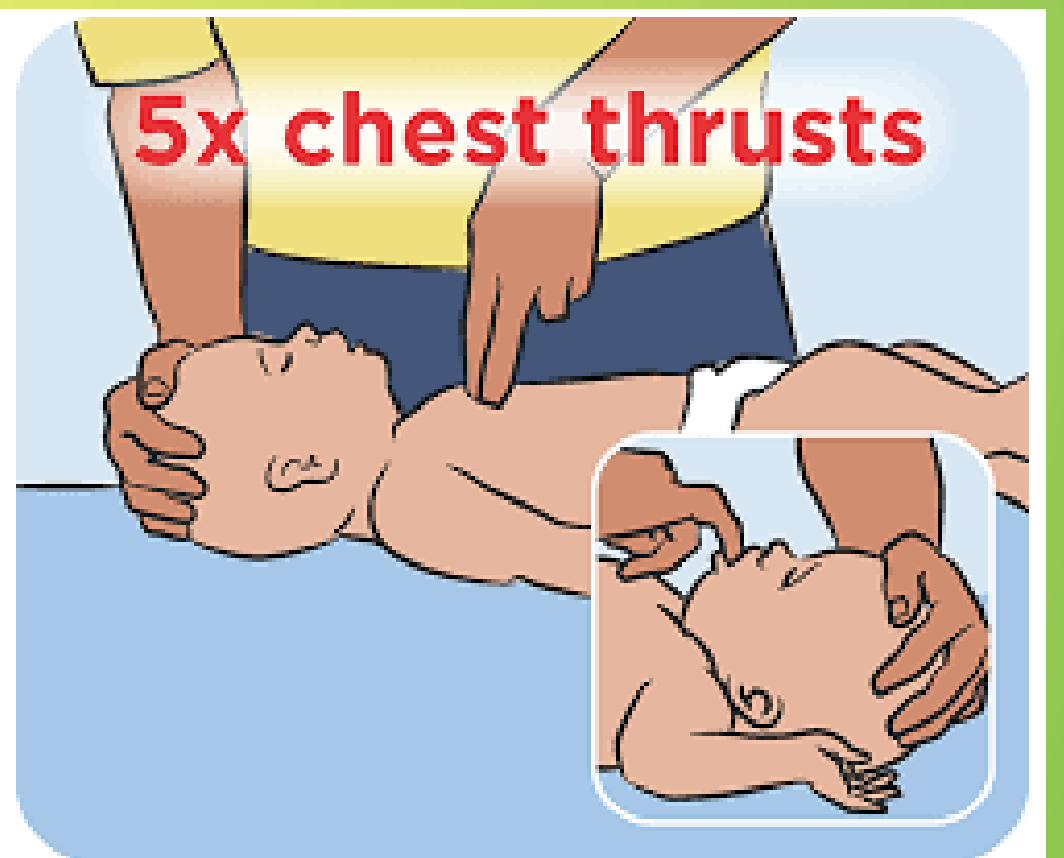
## GIVE 5 BACK BLOWS

Lay baby down on your forearm or thigh. With the heel of your hand, give a firm back blow between the shoulder blades. Give up to 5 back blows. Look in baby's mouth between each blow to check whether the blockage has cleared.



## GIVE 5 THRUSTS

If the blockage hasn't cleared, lay baby on their back. Put 2 fingers in the centre of the chest between the nipples. Give up to 5 firm, quick chest thrusts. Look in baby's mouth between each thrust to check whether the blockage has cleared.



## CONTINUE ALTERNATING

If the blockage has come loose and you can see it in baby's mouth, remove the object with your little finger. Put baby into the recovery position on their side with their head tilted down. Stay with baby until emergency help arrives.



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



Police, Fire, Ambulance **000** Mobile: **112**

Speech & hearing-impaired **106**