

# CHILD CHOKING 1-8 YEARS

IN AN EMERGENCY CALL

# 911

## CONSCIOUS CHOKING CHILD

### 1. Signs of choking

Choking victim will have severe difficulty speaking, breathing, coughing, and may be clutching throat with both hands. Ask if he (or she) is choking. If able to speak or cough effectively, do not interfere. If choking persists, activate the EMS



### 2. Back blows

Bend the child forward at the waist and give five back blows between the shoulder blades with the heel of one hand.



### 3. Abdominal thrust

Place a fist with the thumb side against the middle of the child's abdomen, just above the navel. Cover your fist with your other hand. Give five quick upward abdominal thrusts.



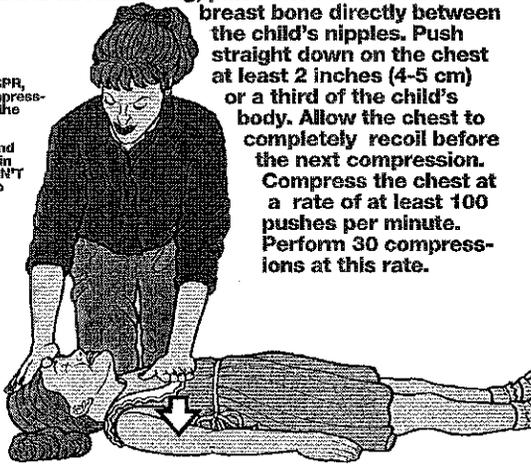
## UNCONSCIOUS CHOKING CHILD

### 1. Begin chest compressions.

If the child is not breathing, place one hand on the breast bone directly between the child's nipples. Push straight down on the chest at least 2 inches (4-5 cm) or a third of the child's body. Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

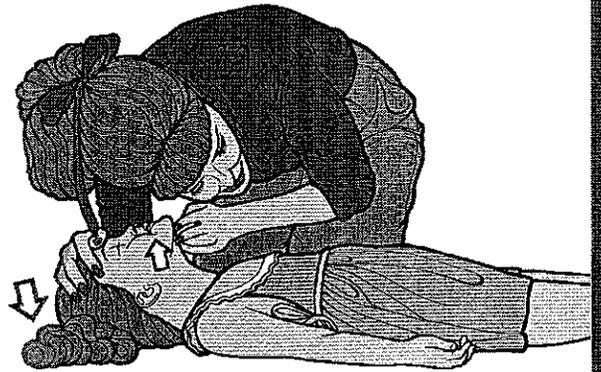
If you are not trained in CPR, continue to do chest compressions until help arrives or the victim wakes up.

It's normal to feel pops and snaps when you first begin chest compressions - DON'T STOP! You're not going to make the victim worse.



### 2. Open the airway.

After 30 compressions, open the child's airway using the head-tilt, chin-lift method. Pinch the child's nose and make a seal over the child's mouth with yours. Use a CPR mask if available.

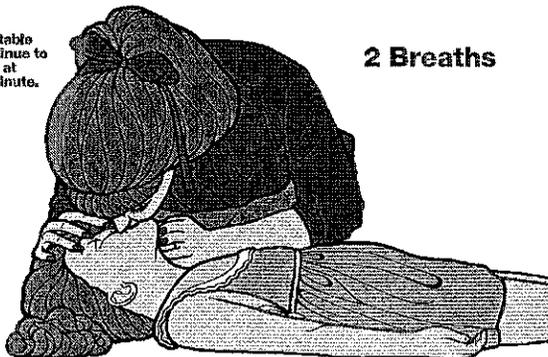


### 3. Begin rescue breaths.

Give the child a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 4.

If you don't feel comfortable with this step, just continue to do chest compressions at a rate of at least 100/minute.

2 Breaths



### 4. Repeat chest compressions.

Repeat chest compressions. Do 30 more chest compressions just like you did the first time. After five sets, phone 911 and get an AED. Then continue CPR (steps 3 & 4) until the person starts to respond or EMS takes over.

If you are not trained in CPR, continue to do chest compressions until help arrives or the victim wakes up.

30 Compressions

