

How to stop choking – in pictures

What to do when a child is choking



Babies and young children can choke on anything smaller than a D-size battery. To prevent choking, keep small objects out of reach, cut up food into very small pieces and supervise children while they're eating, especially if they're under five years old.



If a baby shows signs of choking, **phone 000** and follow the steps to clear a blockage (shown below).



If a child shows signs of choking, stay calm and **ask him to cough** to help remove the object. If this doesn't work, follow the steps to clear a blockage (shown below).

Clearing a blockage – babies under 1 year



Lay baby downwards on your forearm. Using the heel of your hand, give her **a firm back blow between the shoulder blades**. Give up to five back blows and check between each blow to see if the blockage has relieved. Clear the blockage from baby's mouth with your little finger.



If the blockage hasn't cleared, lay baby on her back, place **two fingers in the centre of her chest** and give her up to five chest thrusts. Check to see if the blockage has cleared between each chest thrust.



If baby is still choking, check to see that 000 has been called and alternate five back blows and five chest thrusts until emergency help arrives. **If at any point baby becomes unconscious, commence CPR.**

Clearing a blockage – children over 1 year



Bend your child forward. Use the heel of your hand to **give a sharp back blow** between the shoulder blades. Check to see if the blockage has cleared before giving another blow. If the blockage hasn't cleared after 5 blows, try the chest thrusts.



Place one hand in the middle of the child's back, the other hand in the centre of his chest. Using the heel of the hand on the chest, perform 5 chest thrusts **like CPR compressions but slower and sharper**. Check to see if the blockage has cleared between each chest thrust.



If the child is still choking, **call 000** and alternate five back blows and five chest thrusts until emergency help arrives. **If at any point the child becomes unconscious, commence CPR.**