



First Aid Emergency for CHOKING

If a choking child can speak, breathe or cough **STAND BY** and encourage coughing.

If a conscious child cannot speak, breathe or cough:

- Support the child's upper body and help her lean forward.
- If the obstruction is not cleared, stand behind the child.
- Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
- Place your fist midline just above the belly button.
- Grasp fist with other hand and press inward and upward forcefully 5 times.
- Continue back blows and abdominal thrusts until object is expelled or child becomes unconscious

If a conscious child cannot speak, breathe or cough:

- Begin compressions immediately.
- After the first 30 compressions, check the mouth.
- Remove the foreign object if you see it.
- Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.

