

CONSCIOUS CHOKING (*INFANT = 0 to 12 months*)

A) WHAT BABIES CHOKE ON:



- Nuts
- Grapes
- Hard candies
- Balloons
- Buttons
- Jewellery
- Marbles
- Change (\$)
- Other older children's toys (like old-style Lego pieces)



B) WHAT YOU MAY SEE:

- FEAR or PANIC on baby's face
- Wide eyes and obvious distress
- NO crying or productive coughing, just high-pitched wheeze or SILENCE

C) WHAT YOU DO:

1. **YELL FOR HELP**...have someone ready to call 9-1-1/EMS
2. Kneel on floor with baby
3. Turn baby face down on your arm
4. Pin baby between your arm, thigh and body
5. Keep baby's bottom higher than his/her head
6. Use heel of your hand to execute 5 back blows between shoulder blades (*forceful blow in a downward direction*)
7. Sandwich and turn baby over so back is now on your opposite forearm (*protect baby's head and neck throughout*)
8. Using two fingers, push down one-third to one-half the depth of the chest (*1 finger-width below nipple line on the breastbone*)
9. REPEAT steps 5 thru 8 until "POP" or "DROP" (*i.e. until the obstruction clears & baby starts breathing or until baby goes unconscious*)
10. **BREATHING** baby – go to **HOSPITAL IMMEDIATELY** to check out damage to trachea, chest and back (*if object came out, take it to hospital as well*)
11. **UNCONSCIOUS** baby – **CALL EMS** and start CPR



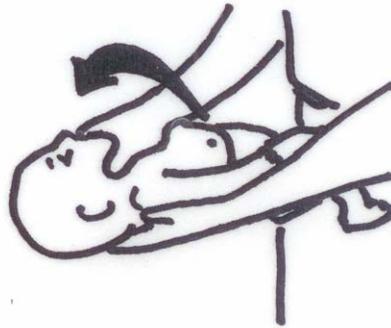
STEP SIX:



5 Back Blows

(Between shoulder blades)

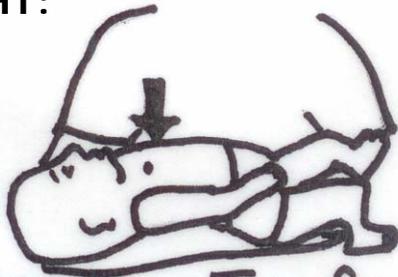
STEP SEVEN:



Turn over

(Protect head and neck – keep head low)

STEP EIGHT:



5 Compressions-Two fingers on the sternum

(One finger width below nipple line – 1/3 to 1/2 the depth of the chest)

STEP TEN:



If the object comes out while baby is still conscious, take baby to the hospital IMMEDIATELY to:

- a) Document choking event (*bruises show up in next couple days*)
- b) Have trachea inspected for any bleeding and/or internal damage from choking object
- c) Have chest, back, neck and head inspected for any other trauma which may have occurred during un-choke procedure