



Choking - Child (over 1 year)

Firstly encourage the child to cough. If the choking is only mild, this will clear the obstruction and the child should be able to speak to you. If the obstruction is not cleared:

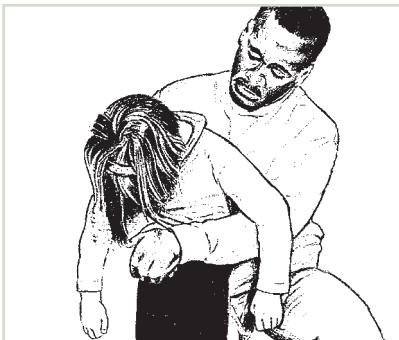


Back slaps

If the obstruction is not cleared:

1 Back slaps

- **Shout for help**, but don't leave the child yet.
- Lean the child over your knee or bend them forwards, so the head is lower than the chest.
- Give up to 5 firm blows between the shoulder blades with the palm of your hand. Check between blows and stop if you clear the obstruction. If the obstruction is still not cleared:

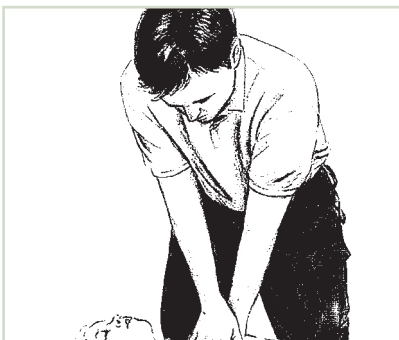


Abdominal thrusts

If the obstruction is not cleared:

2 Abdominal thrusts

- Kneel or stand behind the child. Place both your arms around their waist.
- Make a fist with one hand, and place it just above the belly button (below the ribs) with your thumb inwards. Grasp this fist with your other hand.
- Thrust sharply inwards and upwards. Try this up to 5 times. Check between thrusts and stop if you clear the obstruction.



If the obstruction is still not cleared:

3 Repeat steps 1 and 2

- Keep repeating steps 1 and 2.
- If the treatment seems ineffective, shout for help. Ask someone to **dial 999 for an ambulance**, but don't interrupt the treatment yet.



Attempt 5 rescue breaths then start CPR.

If the child becomes unconscious and stops breathing:

Place the child on a firm, flat surface and start CPR as follows:

- Open the airway and check in the mouth. Pick out any visible obstruction (but don't try to reach blindly into the back of the throat).
- Attempt 5 rescue breaths.
- If there is no response, immediately give 30 chest compressions (even if your breaths were successful). Repeat cycles of 2 rescue breaths then 30 compressions.
- Check the mouth each time before you give rescue breaths. Pick out any visible obstruction (but don't try to reach into the back of the throat).
- If you are on your own, give CPR for 1 minute then **dial 999 for an ambulance** (if not already done).
- Continue CPR until the child starts breathing normally on its own, if help arrives to take over, or you become exhausted.