



Choking - Baby (under 1 year)

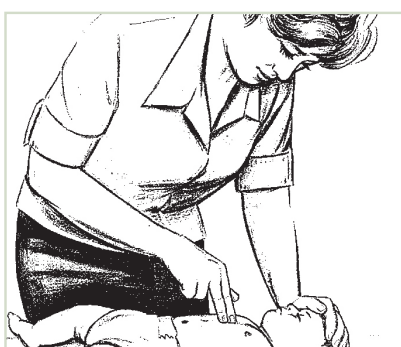
ABDOMINAL THRUSTS SHOULD NOT BE PERFORMED ON A BABY.



Back slaps



Chest thrusts



Attempt 5 rescue breaths then start CPR.

The baby may attempt to cough. If the choking is only mild, this will clear the obstruction - the baby may cry and should now be able to breathe effectively.

If the obstruction is not cleared:

1 Back slaps

- **Shout for help**, but don't leave the baby yet.
- Lay the baby over your arm, face down, legs either side of your elbow with the head below the chest (*see diagram*).
- Give up to 5 blows between the shoulder blades with the palms of your fingers. Check between blows and stop if you clear the obstruction.

If the obstruction is not cleared:

2 Chest thrusts

- Turn the baby over, chest uppermost (by laying them on your other arm) and lower the head below the level of the chest.
- Using two fingers on the chest., give up to 5 chest thrusts. These are similar to chest compressions, but sharper in nature and delivered at a slower rate. 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.

If the baby becomes unconscious and stops breathing:

Place the baby 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.