

Choking Prevention



**Choking is a scary event.
It can be prevented.**

Babies put everything in their mouth.

At 4-6 months of age, their ability to use their tongue to move solid foods from front to back in their mouth appears.

To ensure a safe environment, keep the following items away from infants and young children:

- latex balloons
- coins
- marbles
- toys with small parts
- pen or marker caps
- small buttons

TIP: If the object can fit through a toilet paper roll it is small enough for a child to choke on.

For children under the age of 4, the following foods can cause them to choke:

- hot dogs
- nuts and seeds
- hard, gooey, or sticky candy
- popcorn
- chewing gum

TIP: Always have the child sit to eat or drink

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Choking Treatment

Step 1: Symptoms of choking

- If your child turns bright red, blue and **cannot** cry, cough or make a sound (ask them if they can talk) proceed to step 2 or 3.
- If your child is gagging or coughing and **making a sound, provide support** but do not proceed to steps 2 or 3. Encourage them to cough until the object is expelled.

Note: Hands crossed under chin is the universal sign for choking (see picture to the left)

Step 2:

**If infant is less than 1 year old
begin with 5 back blows**



- Place the infant face down on your forearm with head lower than the infant's body.
- The back blows are between the infant's shoulder blades and given with the heel of the palm of your hand.

**For older children than 1 year old
perform the Heimlich maneuver**

- Begin by standing behind the child
- Wrap your arms around the child's abdomen.
- Place one fist over the navel, below the ribs and begin forceful and quick inward and upward thrusts until the object is expelled.



Step 3: If the infant/child becomes unresponsive, call 911, then

- Remove the object if you see it and begin performing CPR.
- Do not perform a blind sweep. This can cause the object to lodge further down the throat.

CPR A-B-Cs

Determine if your child is responsive by gently tapping them and ask loudly "Are you okay?"
Look for movement. The Child is responsive if s/he moves or replies back.

However, if the child is found to be unresponsive, begin your ABCs.

A...airway

Check if your child is breathing by

Look...for the rise and fall of their chest

Listen...for the breath sounds at the nose or mouth

Feel...if the child is breathing by placing your cheek to the child's face



- If you are **ALONE** and your child is not breathing, perform a **head tilt maneuver** to open the airway and move on to **Rescue Breathing**.
- If a **BYSTANDER** is present, have **THEM Call 911...Call 911...Call 911**

B...Breathing (Rescue Breathing)

For infants < 1 year old

Give 2 **gentle breaths** by covering the infant's mouth and nose with your mouth.

Each breath is 1 **second** long.



Watch the rise and fall of the chest.

For children 1-8 years old

Give 2 **breaths** by pinching the nose and blowing into the child's mouth

or

cover child's mouth and nose with your mouth

Watch the rise and fall of the chest.

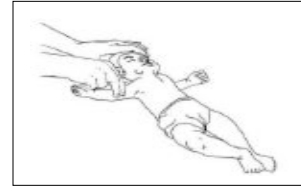
If chest does not rise, ventilation is not effective. **Reposition the head and begin again.**

C...Circulation

When rescue breathing is not enough, chest compressions are necessary to start circulation. **Do not begin chest compressions unless there is NO PULSE**

Check if the infant or child has a pulse.

- For infants, place 2 fingers at the brachial artery which is inside the elbow
- For children and adolescents, feel for the Carotid (neck) or radial (wrist) pulse

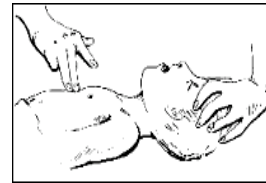


For infants < 1 years old

Place **2 fingers** over the lower half of the sternum (breast bone)

Depress the chest **1 inch** (about 1/3 to 1/2 the depth of the chest)

Give 30 compressions at a rate of 100 per minute

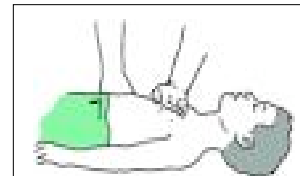


For children 1-8 years old

Place the **heel of one hand** on the lower half of the sternum (breast bone)

Depress the chest **1.5 inches** (about 1/3 to 1/2 the depth of the chest)

Give 30 compressions at a rate of 100 per minute



REPEAT 2 MORE BREATHS

Check if the infant or child is breathing

If the infant or child is unresponsive

Call 911...Call 911...Call 911

and continue 2 breaths followed by 30 compressions until help arrives.

Every 5th cycle check to be sure that the child is still unresponsive.