

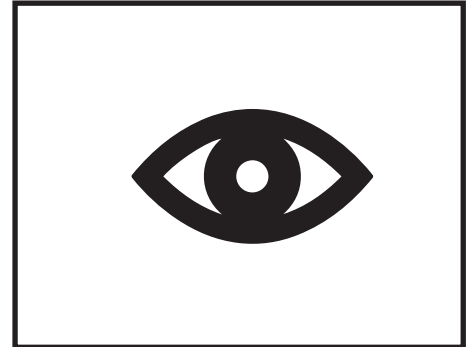
# FIRST AID FOR CHOKING INFANTS

Coughing is the best way to clear a partially blocked airway, but if your baby is unable to breathe, cough or make a sound, his airway may be totally blocked and he will need your help to clear it.

## 1. Look inside mouth

Never put your finger in a choking baby's mouth until you visually check for an obstructing object.

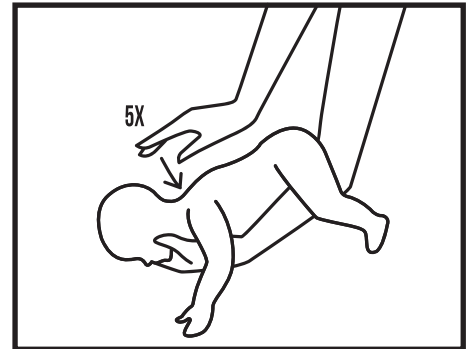
Pull the baby's jaw open to look inside his mouth. If you can see an object, avoid pushing it further back in the throat by sweeping a finger along the inside cheek and back behind the object to pop it out.



## 2. Five back blows

If the object is too far back in the throat to see or easily remove with a finger, support your baby's head under his chin and lie him face down along your forearm with his head lower than his bottom.

Using the heel of your hand, give 5 blows between the shoulder blades. Visually check for an object in the baby's mouth and remove if possible.

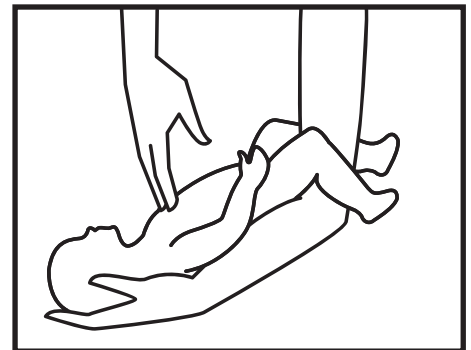


## 3. Chest thrusts

If his airway is still blocked after 5 back blows, turn your baby onto his back on a firm surface and give him up to 5 chest thrusts.

Place two fingers on his breastbone about 1 finger width below the nipple line.

Push downward and upward (towards baby's head). After each chest thrust, visually check for an object in baby's mouth and remove if possible.



## 4. Repeat cycle

If baby's airway is still blocked after 5 chest thrusts, repeat 3 cycles of back blows and chest thrusts before calling 999 for an ambulance. Continue the cycles until airway clears or help arrives.

