INFANT & CHILD

CHOKING MANEUVERS

A choking maneuver is an emergency technique used to eject an object from the throat of a choking person. It employs a firm upward thrust just below the rib cage to force air from the lungs, which pops the object out.

FOR CONSCIOUS
CHOKING INFANTS

STEP 1:
Hold the infant face down on your forearm. Always support the infant's head. Keep the head lower than the chest.

STEP 2:
Give 5 back blows with the heel of your free hand between the infant's shoulder blades.

STEP 3:
Put 2 fingers just below the nipple line on the breastbone and compress the chest 1-1/2 inches deep.

STEP 4:
Alternate between 5 back blows and 5 chest thrusts until the object is out and the infant can BREATHE, COUGH or CRY or until the infant becomes unconscious. In which case, lay the infant on a flat hard surface and begin performing CPR.

FOR CONSCIOUS
CHOKING CHILDREN

STEP 1:
Ask the child, "Are you Choking?" If he nods his head, tell him you are going to help.

STEP 2:
Kneel or stand behind the child and wrap your arms around him so that your hands are in front of him. Make a fist with one hand and place the thumb slightly above his belly button.

STEP 3:
Grasp your fist with your other hand and give quick upward thrusts into his stomach.

CPR HEALTH
AWARENESS SAFETY EDUCATION

Dedicated to making the education of infant/child CPR and the Heimlich Maneuver FREE and readily available to the community.

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