

FIRST AID FOR CHOKING

For infants under age one:



1. Place the baby facedown on your forearm in a head-down position with the head and neck stabilized. Rest your forearm firmly against your body for additional support. For a large infant, you may instead lay the baby facedown on your lap, with his head lower than his trunk and firmly supported. With the heel of your hand, apply four rapid back blows between the shoulder blades.



2. If the baby still cannot breathe, turn him onto his back, resting on a firm surface, and using only two fingers, deliver four rapid chest thrusts over the breastbone.



3. If he still is not breathing, open the airway by grasping his tongue and jaw between your finger and thumb. This draws the tongue away from the throat. If you can see the object, sweep it out with your finger. Do not try to pull out the object unless you can see it, or you might push it farther in.



4. If he doesn't start breathing, start mouth-to-mouth resuscitation. Continue to repeat steps 1 through 4 as you call for emergency medical help.

For children over age one:



1. Apply a series of up to six to ten abdominal thrusts (Heimlich maneuver), as follows, until the foreign body comes out. If the child is small, place her on her back. An older, larger child can be treated while standing, sitting, or lying down.



2. Kneel at the child's feet if he is on the floor, or stand at his feet if he is on a table. Place heel of one hand in the center of his body between the navel and the rib cage, your second hand on top of your first. Press into abdomen with a rapid inward and upward thrust. For a small child the thrusts must be applied gently. If the child doesn't start breathing, administer steps 3 and 4.