

First Aid for Choking

Infants

1



Place the child over your forearm or over your thigh

5x



Give the baby 5 firm blows to the back between the shoulder blades

... if the foreign object does not come out, then perform the Heimlich Manouever

2

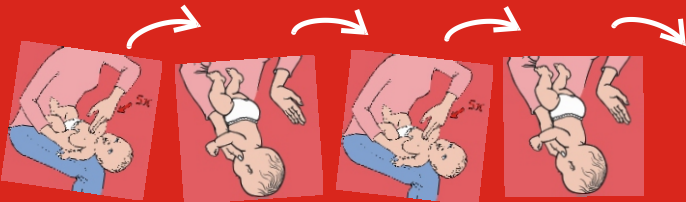
Heimlich Manouever for Infants



Place two fingers or the heel of your hand in the middle of the breast and give five quick, deep thrusts ...

... until the object is dislodged or the baby begins breathing again

... if you can't dislodge the foreign object repeat the cycle of five back blows and chest thrusts ...



... if the infant becomes unconscious beginn with CPR: 2 ventilations followed by 30 chest compressions and again 2 ventilations, and so on ...

Children (from 1 year)

1



Place your child over your thigh and give 5 firm blows to the back between the shoulder blades

5x

... if the foreign object does not come out, then perform the Heimlich Manouever

2

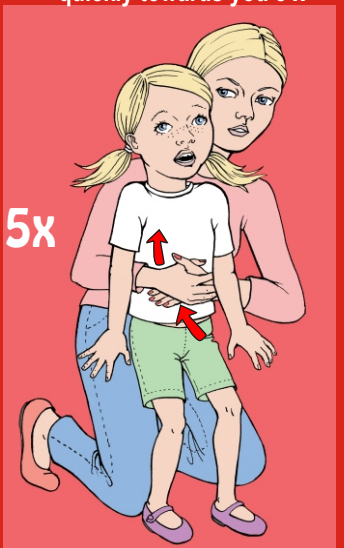
Heimlich Manouever for Children

... grasp your hands together over the stomach

... and pull your arms quickly towards you 5 x



5x



... repeat the abdominal thrust until the object is expelled. Repeat 5 blows to the back (procedure 1) and 5 thrusts in the stomach (procedure 2).

For safety:
If stomach pain occurs after the Heimlich Maneuver, have the child examined in the hospital.

