

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.



5
BACK SLAPS

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



5
CHEST THRUSTS

STEP 3:
Put 2 fingers just below the nipple line on the breastbone and press 1/3 to 1/2 the depth of the infant's chest.

If the object does not come out, turn the infant onto his back and give 5 chest thrusts using 2 fingers (in the same place you push for chest compressions in CPR).



5
SLAPS AND THRUSTS

STEP 4:
Alternate between 5 back slaps 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.



Grasp your fist with your other hand give quick upward thrusts into his stomach.



STEP 3:
Continue thrusting until the object is forced out and the child can BREATHE, COUGH or CRY or until the child becomes unconscious. In which case, lay him on a flat surface and begin performing CPR.



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

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