

CHOKING INFANT



IF AFTER 1 CYCLE OF BACK BLOWS AND CHEST THRUSTS THERE IS NO IMPROVEMENT, **CALL 999/112**. IF YOU HAVE PERFORMED CHEST THRUSTS, YOU MUST **CALL 999/112** OR TAKE THEM TO HOSPITAL. IF THE BABY BECOMES UNRESPONSIVE OR UNCONSCIOUS, SUPPORT THEM TO A FIRM SURFACE **CALL 999/112** AND START CPR.

Back blows for an infant

- Support the infant in a head-downwards, prone position, to enable gravity to assist the removal of the foreign body
- If you are seated or kneeling, you should be able to support the infant safely across your lap
- Support the infant's head by placing the thumb of one hand at the angle of the lower jaw, and one or two fingers from the same hand at the same point on the other side of the jaw
- Do not compress the soft tissues under their jaw, as this will worsen the airway obstruction
- Deliver up to 5 sharp back blows with the heel of one hand in the middle of the back between the shoulder blades
- The aim is to relieve the obstruction with each blow rather than to give all 5

Chest thrusts for infants:

- Turn them on to their back so they are facing up. With your free arm, support their head and ensure that the airway remains open without too much extension



- Support them down your arm, which is placed down (or across) your thigh
- Identify the landmark for chest compression which is the centre of their chest on the lower part of their sternum
- Deliver up to 5 chest thrusts. These are similar to chest compressions, but sharper in nature and delivered at a slower rate
- The aim is to relieve the obstruction with each thrust rather than to give all 5



Unresponsive or unconscious infant who is choking

- If the choking infant is, or becomes, unresponsive or unconscious place on a firm, flat surface
- Call for an ambulance immediately. Send your bystander to make this call if you have one
- Do not leave the infant on their own if you have to make this call yourself
- Start CPR immediately, but before each rescue breath attempt, look for any visible obstruction and remove it. If one is seen, make an attempt to remove it with a single finger sweep

Do not attempt blind or repeated finger sweeps

These can impact the object more deeply into the airway and cause injury.