

Choking - Infant (Under 1 year of Age)



1

Recognize if the baby is choking on an object by visually seeing if the baby is choking or seeing if the lips are blue



2

If the baby is coughing, hold it with its head lower than its body. Let it continue to cough as this may dislodge the object if not continue to step 3.



3

IF CONSCIOUS, Place the baby face down over your forearm, resting it's arm on your thigh and support the baby's head by holding jaw with your hand



5 quick, firm, back blows

4

Give 5 quick, firm, back blows between the shoulders with the heel of your hand (if water or vomit comes up then clear the mouth, if not continue to step 4)



hold (support) the head lower than the chest

5

Turn baby over, still holding (supporting) the head lower than the chest.



6

Place 2-3 fingers with 1 finger below the nipple line and give 5 downward thrusts



7

If the obstruction does not clear after three cycles of back blows and chest thrusts, dial 911.



8

Continue cycles of back blows and chest thrusts until help arrives. Seek medical attention for any child who requires chest thrusts irrespective if the obstruction is dislodged.



9

IF UNCONSCIOUS lay infant on back, keeping the head in a neutral position, lift chin slightly and commence CPR.



DO NOT perform these steps if the infant is coughing forcefully or has a strong cry since either of which can dislodge the object on its own



If infant is choking have someone call 911 while you perform first aid



If you are alone shout out for help while you perform CPR



DO NOT perform back blows and chest thrusts if the infant stops breathing for other reasons, such as asthma, infection, swelling, or a blow to the head instead give infant CPR.



If you do not suspect head or neck injury carry infant to the phone and support the head and neck while you perform CPR



Without oxygen, permanent brain damage can occur in as little as 4 minutes



Even if you dislodge the object seek medical help