

CHILD

(1 – 8 years of age, approximately)

CHOKING (conscious and unconscious)

If the child can cough or breathe, DO NOT hit him on the back or interfere with his efforts. Monitor closely.

If the infant is conscious but unable to breathe or cough...

- 1 Get down to the child's level, stand or kneel beside him
- 2 Reach across his body, holding onto his shoulder. Lean him forward at the waist until his upper airway is parallel to the ground
- 3 Use the heel of your other hand to deliver 5 firm back blows between his shoulder blades
- 4 If the object has not been dislodged, stand or kneel behind the child. Make a fist and place it just above the child's bellybutton. Place your other hand over the fist and pull sharply inwards and upwards. Perform 5 abdominal thrusts
- 5 Continue the cycle of 5 back blows and 5 abdominal thrusts until the object dislodges and the child starts to cough/breathe/cry or he goes unconscious, "Pops or Drops". If the child goes unconscious see the next section
- 6 If the object comes out, keep the child warm and have him checked by medical staff ASAP

If the child becomes unconscious...

- 1 Have someone call 9-1-1 for you! If you are alone do 2 minutes of CPR and then go call
- 2 Start chest compressions by placing the heel of your hand in the middle of the child's chest, just below the nipple line. Perform 30 chest compressions. "Push hard, push fast"
- 3 Give one breath of air by covering the child's mouth and nose with your mouth, or pinching their nose and making a seal over their mouth with your mouth. If the child's chest does not rise after the first breath, do the head-tilt/chin-lift again, and attempt another breath
- 4 If the breath does not go in, follow the sequence of 30 compressions, look in the mouth and try a breath until the airway is cleared. You will know the airway is cleared because you will either find something in the mouth, or a breath will go in
- 5 If the airway is clear but the child is still not breathing normally, start CPR

CPR

If there is no normal breathing after a 5 – 10 second check, begin CPR...

- 1 Place the heel of your hand in the middle of the chest, just below the nipple line and give 30 compressions. "Push Hard, Push Fast"
- 2 After 30 compressions give the child 2 breaths of air, just enough to see the chest rise
- 3 Continue this cycle until the child regains consciousness, begins to breathe normally on her own, or the ambulance arrives and takes over

ON THE GO
FIRST AID 

Hands-on training is the best way to learn these skills, please use this handout as a reference AFTER taking our training course.

This information is based on the 2015 ILCOR guidelines.



To register for any of our first aid courses, please contact

ON THE GO FIRST AID TRAINING
jessica@onthegofirstaid.com
onthegofirstaid.com