

INFANT

(0 – 1 year of age, approximately)

CHOKING (conscious and unconscious)

If the infant 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 Kneel down and place the infant face down on your forearm with the cheekbones between your thumb and forefinger. Support the head firmly and rest your arm on your thigh
- 2 Perform 5 sharp back blows in-between the shoulder blades, using the heel of your hand. Keep the baby on a downward angle. If this does not free the obstruction,
- 3 'Sandwich' the baby so their back is resting on your opposite forearm, and then turn the baby over so they are looking towards the ceiling. Ensure the head is supported
- 4 Place 2 fingers on the middle of the chest, just below the nipple line
- 5 Give 5 chest compressions
- 6 Alternate back blows and chest compressions until the object dislodges and the infant starts to breathe/cry or she goes unconscious, "Pops or Drops". If the baby goes unconscious see the next section
- 7 If the object comes out, keep the baby warm and have her checked by medical staff ASAP

If the infant 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 two fingers in the middle of the baby's chest, just below the nipple line. Perform 30 chest compressions. "Push hard, push fast"
- 3 Give one breath of air by covering the baby's mouth and nose with your mouth. If the baby's chest does not rise after the first breath, do the head-tilt/chin-lift again, and attempt another breath. Remember not to tilt the head back too far
- 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 baby is still not breathing normally, start CPR

CPR

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

- 1 Place 2 fingers on the middle of the chest, just below the nipple line and give 30 compressions. "Push Hard, Push Fast"
- 2 After 30 compressions give the baby 2 gentle breaths by covering the baby's mouth and nose with your mouth
- 3 Continue this cycle until the baby regains consciousness, begins to breathe normally on her own, or the ambulance arrives and takes over

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