

First Aid for Children

CHOKING

Prevention is better than cure! The best way to avoid choking is to make sure that small objects are kept out of your child's reach. However, if children under your care are choking on something, you need to take immediate action.



1. LOOK FOR THE OBJECT AND REMOVE IT IF POSSIBLE

If you can see the object, try to remove it. Don't poke blindly or repeatedly with your fingers; as you could make things worse by pushing the object further in and making it harder to remove.



2. ENCOURAGE COUGHING

If the child is coughing loudly, there's no need to do anything. Encourage them to carry on coughing and don't leave them. If the child's coughing is not effective, (e.g. it's silent, or they can't breathe in properly), shout for help immediately. If the child is still conscious, but either they're not coughing or, their coughing is not effective, use back blows.



3. GIVE 5 BACK BLOWS

Lay a small child face down on your lap as you would a baby. If this isn't possible, support your child in a forward-leaning position and give five back blows from behind. If back blows don't relieve the choking and the child is still conscious, give abdominal thrusts. This will create an artificial cough by increasing pressure in the chest and helping to dislodge the object.



4. GIVE 5 ABDOMINAL THRUSTS

Stand or kneel behind the child. Place your arms under the child's arms and around their upper abdomen. Clench your fist and place it between the navel and ribs. Grasp this hand with your other hand and pull sharply inwards and upwards. Repeat up to five times. Make sure you don't apply pressure to the lower ribcage, as this may cause damage.

If you have had to use Abdominal Thrusts, always seek medical help afterward, even if the object has come out. Part of the object might have been left behind, or the child might have been hurt by the procedure.

**Call 999 or 112 if these steps do not work.
If at any point the casualty becomes unconscious,
administer CPR immediately.**