

# Choking infant (under 1 year)



**IN A MEDICAL EMERGENCY  
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

**DRSABCD** Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

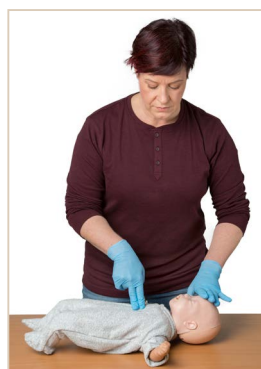
The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

## WARNING

If the patient becomes blue, limp or unconscious, follow DRSABCD and call triple zero (000) for an ambulance.

## SIGNS AND SYMPTOMS

- clutching the throat
- coughing, wheezing, gagging
- difficulty in breathing, speaking or swallowing
- making a whistling or 'crowing' noise, or no sound at all
- blue lips, face, earlobes, fingernails
- loss of consciousness



## WHAT TO DO

- 1 **Immediately call triple zero (000) for an ambulance.** Stay on the phone.
- 2 Place the infant with their head downwards on your forearm, supporting the head and shoulders on your hand.
- 3 Hold the infant's mouth open with your fingers.
- 4 Give up to 5 sharp blows to the back between the shoulders with the heel of one hand, checking if the blockage has been removed after each blow.
- 5 If the blockage has come loose or been removed, turn the infant into the recovery position and remove any object that may have come loose with your little finger.
- 6 If the blockage has not been removed after 5 back blows, place the infant on their back on a firm surface.
- 7 Place 2 fingers on the lower half of the sternum and give up to 5 chest thrusts, checking if the blockage has been removed after each thrust. Support the infant's head with the other hand.
- 8 If the blockage has not been removed after 5 thrusts, continue alternating 5 back blows with 5 chest thrusts until medical aid arrives.
- 9 If the infant becomes unconscious, start CPR.

**YOU COULD SAVE A LIFE WITH FIRST AID TRAINING [WWW.STJOHN.ORG.AU](http://WWW.STJOHN.ORG.AU) • 1300 360 455**

© St John Ambulance Australia Inc. 2017. St John first aid protocols are for the Australian market only. All care has been taken in preparing the information but St John takes no responsibility for its use by other parties or individuals. This information is not a substitute for first aid training. St John recommends attending first aid training courses. Not for commercial distribution.