

First aid fact sheet

Choking infant (under 1 year)



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



5 back blows



5 chest thrusts

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 can 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.

In a medical emergency call Triple Zero (000)

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

You could save a life with first aid training • www.stjohn.org.au • **1300 360 455**

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