

## FIRST AID FACT SHEET

# Choking Infant (under 1 year)

Choking is severe difficulty when breathing due to a mild or severe obstruction of the airway due to a foreign body. An infant's airways are smaller and can be more prone to blockage.

### Caused by

- + Airway partially or completely blocked by food, small objects or foreign materials.

### Signs & symptoms

- + Clutching the throat.
- + Coughing, wheezing or gagging.
- + Having difficulties breathing, speaking or swallowing.
- + Trying to cry but making strange or no sounds at all.
- + Making whistling or "crowing" sounds.
- + Face, neck, lips, ears or fingernails turning blue.
- + Becoming unresponsive.

### What to do

1. Immediately call **Triple Zero (000)** for an ambulance.
2. Follow DRSABCD St John Action Plan.

#### If the Infant is conscious

3. Give up to five (5) sharp back blows:
  - + Position infant with head and shoulders on your hand and forearm facing downwards.
  - + Hold infant's mouth open with your fingers.
  - + Give up to five (5) sharp blows between shoulders with heel of one hand.
  - + Check if obstruction has been cleared after each back blow and remove any foreign material that may have loosened.
4. If unsuccessful, give up to five (5) chest thrusts:
  - + Place the infant on their back on a firm surface.
  - + Place two (2) fingers (index and middle) over the lower half of the breastbone.
  - + Give five (5) chest thrusts – which are similar to CPR compressions but sharper and delivered at a slower rate.
  - + Check if the obstruction has been cleared after each chest thrust.
5. If obstruction cleared, position infant with head pointing downwards on forearm, and remove any foreign material that may have loosened carefully with your little finger.
6. If obstruction does not clear continue alternating with five (5) back blows and five (5) chest thrusts until medical aid arrives.

#### If the Infant becomes unresponsive

1. Commence CPR.
2. Call **Triple Zero (000)** for an ambulance.



In a medical emergency  
call **Triple Zero (000)**

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