

Choking Treatment

The sensitivity of the gag reflex lessens as the child gets older. If your child can cough, talk and breathe it's considered as a mild obstruction. If they can not cough, talk or breathe we must consider as a choking emergency and take action!



Loud and RED
let them go ahead!

Gagging/mild obstruction

- Tongue may thrust forward
- Face may go red
- You may hear spluttering, coughing & gagging
- The gag reflex is there to keep the airway safe
- Do not intervene this can make it worse
- Stay calm and encourage them to cough



Quiet and BLUE they
need help from you!

Choking

- Face will start to go blue
- They may be quiet or even silent
- If they have an ineffective cough or no cough at all shout for HELP, start the choking sequence for an over 1 year old (see below)
- Call 999 if you are unable to clear the airway

Choking Sequence - Over 1 year

If your child is not coughing or the cough becomes ineffective start the following sequence:
Ask your child to cough. If that does not clear the airway move to step 1:

Step 1: Give up to 5 back blows

- (Small children) place across your knees head down low.
- (Older children) kneel or stand to the side of your child.
- Support them by placing your arm across their chest.
- Using the heel of your hand in-between their shoulder blades
- - give up to 5 sharp back blows

If ineffective start abdominal thrusts:

Step 2: Give up to 5 abdominal thrusts

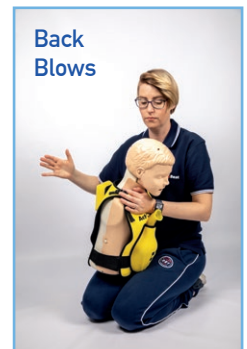
- Stand or kneel behind your child.
- Place your arms around their waist and place your fist between the belly button and the ribcage.
- Cup your fist with your other hand.
- Pull in and upwards up to 5 times.

Step 3: If ineffective repeat steps 1 and 2.

- Ask someone to call 999 - if you are alone do not interrupt the treatment while the child is still conscious.
- If the child goes unconscious start CPR, update 999.

*If thrusts have been performed you must take the child to hospital.

KeepaBeat™



www.keepabeat.com



@keepabeatuk