

# Gagging vs Choking



**Loud and RED  
let them go ahead!**

- Tongue will 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
- Let them work it out



**Quiet and BLUE they  
need help from you!**

- 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 baby choking sequence to try and dislodge the object
- Call 999 if you are unable to clear the airway

## Choking Sequence - Under 1 year

If your baby is not coughing or the cough becomes ineffective start the following sequence:

### Step 1: Give up to 5 back blows

- Support baby along your arm or sit down and place them across your lap.
- Support the head and place the head down low.
- Give up to 5 sharp back blows between the shoulder blades with the heel of your hand.

If ineffective start chest thrusts:

### Step 2: Give up to 5 chest thrusts

- Turn the baby face up and lay them across your arm or place on your lap.
- Support the head and lower it below the level of the chest (see picture).
- Place 2 fingers in the centre of the chest and give up to 5 chest thrusts (pushing down one third of the depth of the chest).

**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 baby is still conscious.
- If the child goes unconscious start CPR update 999.

