

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 - 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 bottom 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.

