

***Chocking***



# a "five-and-five" approach

*A-Conscious Chocking Infant (can't cough, speak or breathe)*

## **1-GIVE 5 BACK BLOWS**

Give firm back blows with the heel of one hand between the infant's shoulder blades.



***2-GIVE 5 ABDOMINAL THRUSTS (the Heimlich maneuver):***

Place two or three fingers in the center of the infant's chest just below the nipple line and compress the breastbone about 1½ inches.



**NOTE:** Support the head and neck securely when giving back blows and chest thrusts. Keep the head lower than the chest.

### ***3-CONTINUE CARE***

Continue sets of 5 back blows and 5 chest thrusts until the:

- Object is forced out.
- Infant can cough forcefully, cry or breathe.
- Infant becomes unconscious.

***B-Conscious Chocking Child (can't cough, speak or breathe)***

***1-GIVE 5 BACK BLOWS***

Bend the child forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.



## ***2-GIVE 5 ABDOMINAL THRUSTS:***

- Place a fist with the thumb side against the middle of the child's abdomen, just above the navel.
- Cover your fist with your other hand.
- Give 5 quick, upward abdominal thrusts.



### ***3-CONTINUE CARE***

Continue sets of 5 back blows and 5 abdominal thrusts until the:

- Object is forced out.
- Child can cough forcefully or breathe.
- Child becomes unconscious.

## ***C-Unconscious Choking Child and Infant (chest Does not rise with rescue breathes)***

- 1- Give rescue breathes
- 2- Give chest compressions
- 3- Look for and remove object if seen

### **WHAT TO DO NEXT**

- If breathes do not make the chest rise Repeat steps 2 through 1
- IF the chest clearly rise— check for breathing

Give care based on conditions found.