

Would you know what to do if your baby was choking?

Look in their mouth to see if there is anything obvious and carefully remove with finger tips. NEVER put your fingers down their throat to try and dislodge the obstruction.

Repositioning them may help them to clear the obstruction themselves.

Seek medical attention if the obstruction appears to have cleared but they have trouble swallowing, breathing or are in any discomfort.

**If they lose consciousness and stop breathing
START CPR**

Never do an abdominal thrust on a baby under 1 year.

**x5
BACK BLOWS**



KEEP GOING

KEEP GOING

**x5
CHEST THRUSTS**



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Get in touch
and book your
course today!

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