

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

Encourage them to cough. 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.

COUGH



**x5
BACK BLOWS**



KEEP GOING

**x5
ABDOMINAL
THRUSTS**



KEEP GOING



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and book your
course today!

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