



American
Heart
Association.

HEARTSAVER®

CHILD CHOKING



1. Recognize a severe airway block when a child
 - Makes the choking sign
 - Cannot breathe, cough, speak, or make sounds
 - Has a cough that has no sound
 - Ask, "Are you choking?" If they nod yes, tell them you are going to help.



2. Give thrusts slightly above the navel until
 - Object is forced out *or*
 - Child can breathe or make sounds *or*
 - Child becomes unresponsive
3. If the infant becomes unresponsive
 - Shout for help.
 - Use a cell phone to call 9-1-1; put it on speaker mode so you can talk to the dispatcher while you begin CPR.



- Give sets of 30 compressions and 2 breaths, checking the mouth for objects after each set of compressions (remove object if seen).
- If you are alone and do not have a cell phone, give 5 sets of 30 compressions and 2 breaths. Then, go phone 9-1-1 and get an AED. Use the AED as soon as it is available. Continue CPR, checking the mouth for objects after each set of compressions.
- Continue CPR and looking in the mouth after each set of compressions until
 - The child moves, cries, speaks, blinks, or otherwise reacts
 - Someone with more advanced training arrives and takes over

