

Skill Sheet 4-2

Caring for a Child Who Is Choking

1. Verify that the child is choking by asking the child to speak to you.

- **If the child is able to speak to you or is coughing forcefully:** Encourage the child to keep coughing, but be prepared to give first aid for choking if the child's condition changes.
- **If the child is unable to speak to you or is coughing weakly:** Send someone to call 9-1-1 or the designated emergency number and to obtain an AED and first aid kit. Continue to step 2 after obtaining consent.

2. Give 5 back blows.

- Position yourself to the side and slightly behind the child. Place one arm diagonally across the child's chest (to provide support) and bend the child forward at the waist so that the child's upper body is as close to parallel to the ground as possible. Depending on the child's size, you may need to kneel.
- Firmly strike the child between the shoulder blades with the heel of your hand.



3. Give 5 abdominal thrusts.

- Have the child stand up straight. Stand behind the child with one foot in front of the other for balance (or kneel) and wrap your arms around the child's waist.
- Using two fingers of one hand, find the child's navel. With your other hand, make a fist and place the thumb side against the child's stomach, right above your fingers.
- Cover the fist with your other hand.
- Pull inward and upward to give an abdominal thrust.



(Continued)

4. Continue giving sets of 5 back blows and 5 abdominal thrusts until:

- The child can cough forcefully, speak, cry or breathe.
- The child becomes unresponsive.

Note: *If the child becomes unresponsive, gently lower him or her to the floor and begin CPR if you are trained, starting with compressions. After each set of compressions and before attempting rescue breaths, open the child's mouth, look for the object and remove it if seen. Never put your finger in the child's mouth unless you actually see the object.*

