Baby Choking

Help!

Shout for help

Up to 5 sharp back blows

Lay baby face down on lap/thigh
Head lower
Use heel of hand
In between shoulder blades
Check mouth after each blow

If still not cleared..

Up to 5 chest thrusts

Turn baby face up
Lay down on thigh
Head lower than the feet
Support head
Use 2 fingers to give up to 5 chest thrusts
Sharper than chest compressions

If still choking, repeat steps

Unconscious & Breathing

If still not cleared, call 999

Recovery Position

Hold baby on their side
Head lower than bottom
Face tilted toward the floor
(to allow for drainage)

No Breathing

Start CPR