



**St John**

**Saving Lives –  
at Work, Home  
and Play**

# Choking

## Infant casualty (under 1 yr)



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1. Assess the baby's breathing. If the baby can cough forcefully or breathe, stand by and do not interfere – let baby try to cough up the object.
2. If baby cannot cough or breathe and begins to make a high-pitched noise when trying to breathe or starts to turn blue, give back blows and chest thrusts to try to remove the blockage;
3. Kneel or sit with baby face down on your lap, resting on your forearm.
4. Rest your forearm on your lap or thigh for support.
5. Using the heel of your free hand, give five firm back slaps between baby's shoulder blades.
6. Carefully turn baby over and give five firm chest compressions using two fingers, in the centre of the chest, just below the nipple line.
7. Repeat the cycle of five chest compressions and five back slaps until foreign object is dislodged or baby becomes unconscious.
8. If baby becomes unconscious START CPR for INFANTS



### EMERGENCY NUMBERS

Ambulance.....

Emergency Room.....

Family Doctor.....

Poison Info Centre.....

Police.....

Fire.....