

Heartsaver® Child Choking



Recognize a severe airway block

- Makes the choking sign
- Cannot breathe, cough, speak, or make sounds
- Has a cough that has no sound

Ask, “Are you choking?” If he nods yes, tell him you are going to help.



Give thrusts slightly above the belly button until

- Object is forced out
or
- Child can breathe and make sounds
or
- Child becomes unresponsive

If the child becomes unresponsive

- Shout for help.
- Use a cell phone; put it on speaker mode 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, after 5 sets of 30 compressions and 2 breaths, 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

