

Child Choking: Conscious

- Ask the child, “Are you choking?” then say “I am going to help you.”
- Stand behind them with your head to the side.
- Wrap your arms around the choking child.
- Make a fist with one of your hands. Place the thumb side of your fist above the child’s belly-button.
- Put your other hand over your fist. Press your fist into the child’s abdomen with a quick inward and upward thrust.
- Repeat until...
 - The object comes out or the child goes unconscious.



Child Choking: Unconscious

- Lay the child down on a hard flat surface.
- Tap and see if they respond.
- Look at the chest for 5 – 10 seconds.
- Start CPR and continue for 5 cycles, then call 911.
- Continue until someone takes over for you or an AED becomes available.
- There are no blind finger sweeps.