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Infant and Child Lifesaving Steps

HELP PREVENT CHOKING

You Can

- ▶ Always watch or sit with children during meals and snacks. Young children, ages 2 to 3 especially, are at risk of choking on food and remain at risk until they can chew and swallow better by about age 4. Using the Food Guide Pyramid for Young Children, offer 2 to 3 year olds the same variety of foods as the rest of the children in your care, but prepared in forms that are easy for them to chew and swallow.



Watch children during meals and snacks to make sure they:

- Sit quietly.
- Eat slowly.
- Chew food well before swallowing.
- Eat small portions and take only one bite at a time.
- Finish swallowing before leaving the table.

Fix table foods so that they are easy to chew:

- Cut foods into small pieces or thin slices.
- Cut round foods, like hot dogs, lengthwise into thin strips.
- Remove all bones from fish, chicken, and meat.
- Cook food, such as carrots or celery, until slightly soft. Then cut into sticks.
- Remove seeds and pits from fruit.
- Spread peanut butter thinly.

The foods which are popular with young children are often the ones which have caused choking. Foods that may cause choking:

Firm, smooth, or slippery foods that slide down the throat before chewing, like:

- hot dog rounds
- hard candy
- large pieces of fruit
- granola
- peanuts
- whole grapes
- cherries with pits

Small, dry, or hard foods that are difficult to chew and easy to swallow whole, like:

- popcorn
- small pieces of raw carrot, celery or other raw hard vegetables
- nuts and seeds
- potato and corn chips
- pretzels

Sticky or tough foods that do not break apart easily and are hard to remove from the airway like:

- spoonfuls or chunks of peanut butter or other nut/seed butters
- chunks of meat
- chewing gum
- marshmallows
- Raisins and other dried fruit

Infant & Child Lifesaving Steps

CHECK

- ▶ Check the scene for safety
- ▶ Check the victim for consciousness, breathing, pulse, and bleeding

CALL

- ▶ Dial 9-1-1 or local emergency number

CARE

- ▶ Care for conditions you find

INFANTS (birth to 1)

If conscious but choking...



Give 5 back blows ...



And 5 chest thrusts

Repeat blows and thrusts until object comes out

If not breathing...



Give 1 slow breath about every 3 seconds

If air won't go in...



1 Give 5 back blows ...



And 5 chest thrusts



2

Look for and clear any object from mouth



3

Repeat breaths

Repeat steps 1, 2, & 3 until breaths go in or help arrives

If not breathing and no pulse...



Give CPR—repeat sets of 5 compressions and 1 breath

CHILDREN (1-8)

If conscious but choking...



Give abdominal thrusts until object comes out

If not breathing...



Give 1 slow breath about every 3 seconds

If air won't go in...



1

Give up to 5 abdominal thrusts



2

Look for and clear any object from mouth



3

Repeat breaths

If not breathing and no pulse...



Give CPR—repeat sets of 5 compressions and 1 breath

If bleeding...



Apply pressure, elevate, and bandage

Local Emergency Telephone Number: _____

Everyone should know what to do in an emergency. Call your local American Red Cross _____ for information on CPR and first aid courses.