



FACT SHEET



Choking (Infant, 12 months and younger)

-
- 1. Call Triple Zero (000) for an ambulance**
 - 2. Place infant with head downwards on your forearm**
 - Support head and shoulders on your hand
 - Hold infant's mouth open with your fingers
 - 3. Give up to 5 back blows**
 - With the heel of one hand to the back between shoulders blades
 - Checking if the airway obstruction is cleared after each back blow
 - 4. Turn infant onto back, open mouth and remove any loose foreign material with your little finger**
 - 5. If unsuccessful after 5 back blows, give chest thrusts**
 - Place infant on back on a firm surface
 - Place two fingers in the CPR compression position
 - Give 5 chest thrusts (slower but sharper than compressions)
 - Check if obstruction has been cleared after each chest thrust
-

If infant becomes unconscious

- Commence CPR



Excite Safety Training Pty Ltd

PO Box 735 Cronulla NSW 2230

Ph: 0432 614 963

www.excitesafety.com.au

enquiries@excitesafety.com.au

The above information is the recommended action to take during an emergency situation. Excite Safety Training recommends that First Aid training be obtained and that these tools and information are not a replacement for obtaining First Aid training. Excite Safety Training will in no way be held responsible for the incorrect application or misuse of this information.