

Helping a Choking Child

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- **Ask the child, “Are you choking?”**
 - > **If the child cannot** speak, cough, or breathe or is making high-pitched noises, it is **severe choking**.
- **For mild choking**, encourage the child to cough to clear the obstruction.



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- **For severe choking**, stand behind or beside the child and wrap one arm across the chest. Bend the child forward.
- With the heel of your other hand, give 5 firm back blows between the shoulder blades.



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- If the object does not come out, place a fist just above the belly button. Place your other hand over your fist and pull sharply in and up, doing 5 abdominal thrusts.
- Continue the cycle of 5 back blows and 5 abdominal thrusts until the object comes out or the child begins to breathe or cough. **If the child becomes unconscious, call EMS/9-1-1 and start CPR.**



The information on this poster does not replace formal First Aid & CPR training.

To find a Red Cross First Aid course in your area scan the QR code, or:

redcross.ca/firstaid | 1.877.356.3226



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