

### A choking child has only 60 seconds to live.

According to Safe Kids Canada, the top three risks to children are: **drowning, vehicle accidents, and suffocation/choking.**

**How do you rescue a conscious choking baby, when they are having difficulty breathing and not coughing?**

- > Stay calm and respond quickly. If they don't cough it out immediately or you can't remove it from their mouth, start your rescue!
- > If you are not alone, have the other person call 911/EMS
- > If you are alone, rescue first then call 911/EMS immediately
- > Hold the baby/toddler in one arm (like a football hold) head down while supporting their jaw
- > You should kneel so that the baby's weight can rest on your one arm + legs and the head remains down
- > With the head lower than their body, perform back blows (hard taps) on their upper back. You may only need a few hard ones to get the thing out. **Remember, a bruise on their upper back is minor compared to choking to death!**

**How do you rescue a conscious choking toddler or child (or an adult) who is too heavy to hold face down?**

- > If you can't hold the child head down or in your arm, your only option is to perform Heimlich or abdominal thrusts for conscious choking



**THIS RESCUE METHOD IS USED FOR A CHOKING BABY/ TODDLER (UP TO ~3 YRS.), UNTIL THEY BECOME TOO HEAVY TO HOLD. THEN YOU WOULD DO ABDOMINAL THRUSTS.**

- > Stand or kneel behind the child and place your fist in the middle of their abdomen, between their bellybutton and rib cage (thumb-side facing body)
- > Thrust the abdomen hard and fast in a scooping manner or like making the letter 'J', until the object pops out.
- > Call 911/EMS afterwards and/or when the child or adult goes unconscious.



### Choking Prevention tips:

- > Don't combine driving time with eating time. If the child chokes, they can't lean forward in a car seat to cough and you may not be able to rescue them in 60 seconds!
- > These are actual items children have choked on: water bottle cap; food (chicken, apple); formula/ breast milk; water from a swimming pool; paper; baby oil;
- > **Other choking hazards are:** coins, balloons, button batteries, candies, buttons, fruit with seeds, chewing gum, key rings, hot dogs, nuts/ seeds, popcorn, pins, plant leaves, plastic bags, raisins, whole grapes/ berries, small toys, spoonful of sticky foods, cords/ strings

### PRACTISE:

- Choking prevention
- Removing choking hazards in home/car/outdoor play area
- Remaining calm + confident in an emergency
- Recognizing an emergency
- Holding baby/child head down
- Hand position for back blows
- Hand position for Heimlich

This monthly 2HEALTH First Aid + Wellness Bulletin is provided free to friends and parents. 2HEALTH helps thousands of parents become rescue-confident since 1992 - in their home or office. 2HEALTH First Aid training is practical, fun + Red Cross certified.

**Resource of the month:** Safe Kids Canada is the national injury prevention program of The Hospital for Sick Children. [www.safekidscanada.ca](http://www.safekidscanada.ca)

**Next month:** Allergic reaction First Aid. Epi-pens + allergies

[www.2HEALTH.com](http://www.2HEALTH.com)

416.873.8606/ [firstaid@2health.com](mailto:firstaid@2health.com)