

CHILDREN AND CHOKING HAZARDS



Choking is the leading cause of unintentional injury related death under age one. Children under age 3 are at greatest risk for all forms of suffocation. While most pediatricians recommend that parents begin introducing solid foods to their babies between ages of six months and one year, care must be taken to reduce their risk of choking.

Most common causes of choking

Food is the most common cause of choking

in small children. Small children don't have molars yet making chewing and swallowing hard foods very difficult. Types of foods that can choke a child include:

- **hot dogs**
- **grapes, raisins, nuts, popcorn**
- **hard candy/ lollipops**
- **carrots, celery and other hard vegetables/ fruits**

Other items that pose as a choking hazard to children by easily covering their windpipe:

- **coins, beads, buttons**
- **latex balloons**
- **plastic bags or sheets**
- **aluminum foil**
- **screws, pins, watch batteries, etc.**
- **ANY item small enough to fit inside your child's mouth**

Signs of a choking child

Choking occurs when there is a blockage of airway.

If a child is coughing, this indicates a partial easily obstruction, and the child may cough up the item. *ALWAYS stay with the child to make sure the item does actually come up.

If the child has a blue color to his/her lips, nails or skin, is NOT coughing, crying or makes no noise except a high- pitched whine or wheeze, the airway may be completely blocked. This is a potentially serious problem and calls for immediate intervention! *(See back side for more details.)*



To register for our Pediatric CPR or First Aid classes, please call (813) 870-4747.

For more information about injury prevention and other programs through

St. Joseph's Children's Advocacy Center,

please call (813) 615-0589.

1401A East Fowler Avenue, Tampa Florida 33612



Take a stand for children. We are!

How To Save A Choking Infant or Child



EDUCATE YOURSELF AND YOUR CHILD'S CAREGIVERS BY TAKING PEDIATRIC CPR!!

Never blindly put your fingers in a child or infants mouth, since you may push the object back and cause further obstruction.

CONSCIOUS INFANT OBSTRUCTED AIRWAY (Under 1 year old)

- If baby can't cough or makes a high-pitched wheezing noise, begin emergency first aid immediately.
- Ask someone to call 911. If you are alone, attempt to dislodge the object for one minute before calling 911.
- Turn baby face down on your forearm, supporting head by firmly holding the jaw.
- Using heel of your hand, *give (5) back blows* between the shoulder blades.
- While sandwiching the infant between your two hands, gently turn infant over onto his/her back, making sure the head is lower than the trunk.
Give (5) quick chest thrusts with two fingers placed on the lower half of the sternum.
- Continue to repeat:
(5) back blows and (5) chest thrusts until the object is expelled or the child goes unconscious.
- If infant becomes unconscious, begin infant CPR.

CONSCIOUS CHILD OBSTRUCTED AIRWAY (Ages 1 to 8 years old)

- If child is clearly choking, begin the *Heimlich Maneuver* immediately.
- Tell child, "I'm going to help you!"
- Stand behind the child, arms directly under the armpits around the body.
- Place the thumb side of one fist against the middle of the child's abdomen, just above the naval ("belly button"), and well below the end of the sternum.
- Grasp the fist with your other hand and give a series of quick upward thrusts. (DO NOT touch the end of the sternum, or the lower part of the rib cage.)
- Each thrust should be a separate, distinct movement upward.
- Continue abdominal thrusts until the object is expelled or the child goes unconscious.
- If child becomes unconscious, begin child CPR.



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