



CHOKING HAZARDS



Here is a guide for helping a child who is choking:

SIGNS OF CHOKING

They may cough vigorously, gag or make high-pitched squeaking or wheezing noises.

The face or lips may turn blue.

The child may not be able to speak/make any noise at all.

If the child is conscious, maintaining airway, able to cough and produce sound -do not interfere. Visit the nearby hospital and get it evaluated.

If the infant cannot produce any sound perform Heimlich maneuver for >1 year old children and abdominal thrust/back slap for <1 year old.

HEMLICH MANOEUVER

Stand behind the child with their back facing you.

Place one fist, with the thumb side in towards the body, right above the belly button of the child.

Make quick and forceful thrusts in and up.

For more info, reach out to www.thefirstparents.com

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BACK SLAP/ABDOMINAL THRUST

Give 5 back slaps followed by 5 abdominal thrust till the foreign object is out.

As demonstrated in our CPR Workshop.

Continue performing until The object comes out or help arrives.

IF THE CHILD BECOMES UNRESPONSIVE

1. Stop abdominal thrusts and immediately call 102 on speaker phone.
2. Begin CPR (cardiopulmonary resuscitation).
3. Give cycles of 30 compressions and 2 breaths until:
 - a. The child wakes up and starts breathing.
 - b. A trained responder arrives.
 - c. An automated external defibrillator (AED) is ready to use.
 - d. You are too exhausted to continue, or the scene becomes unsafe.

The Workshop has the Video Demonstration for the same

Remember, it is important to seek proper training in first aid and CPR to be prepared for emergencies. Follow the specific instructions of trained professionals in real-life situations.

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