Conscious Choking—Infant

1. **POSITION THE INFANT BETWEEN YOUR FOREARMS.**
   - Place your forearm along the infant’s back, cradling the back of her head with your hand.
   - Place your other forearm along the infant’s front, holding her jaw with your thumb and fingers.
   - Turn the infant over so that she is facedown along your forearm.
   - Lower your arm onto your thigh so that the infant’s head is lower than her chest.

2. **GIVE 5 BACK BLOWS.**
   - Firmly strike the infant between the shoulder blades with the heel of your hand. Keep your fingers up so that you don’t hit the infant’s head or neck.

3. **REPOSITION THE INFANT.**
   - Place one hand along the infant’s back, cradling the back of her head with your hand.
   - While continuing to hold the infant’s jaw with the thumb and fingers of your other hand, support her between your forearms and turn her over so that she is face-up along your forearm.
   - Lower your arm onto your other thigh so that the infant’s head is lower than her chest.

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Conscious Choking—Infant (continued)

4 GIVE 5 CHEST THRUSTS.
- Place two or three fingers in the center of the infant’s chest just below the nipple line.
- Compress the chest about 1 ½ inches.

**NOTE:** Always support the head, neck and back when giving back blows and chest thrusts.

5 CONTINUE GIVING SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL THE:
- Object is forced out.
- Infant can cough forcefully, cry or breathe.
- Infant becomes unconscious.

If the infant becomes unconscious:
- Gently place him or her on a firm, flat surface.
- Begin CPR, starting with 30 compressions.