Conscious Choking—Infant

CHECK the scene for safety. If the scene is safe, CHECK the infant.

If the infant cannot cough, cry or breathe, the infant is choking. Perform cycles of 5 back blows and 5 chest thrusts:

1. **POSITION THE INFANT BETWEEN YOUR FOREARMS.**
   - With your thumb and fingers cradling the infant’s jaw, position him or her face-down along your forearm with his or her head lower than his or her chest.
   - Use your thigh for support.

2. **GIVE 5 BACK BLOWS.**
   - Using the heel of your hand, give 5 firm back blows between the infant’s shoulder blades.
   - Be sure to keep your fingers up to avoid hitting the infant’s head or neck.

3. **REPOSITION THE INFANT.**
   - Support the infant between your arms and position him or her so he or she is face-up along your other forearm, with his or her head lower than his or her chest.
   - Use your thigh for support.

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 1½ inches.

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

*Continued on next page.*
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 care for an unconscious choking infant starting with 30 compressions.