

Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

CHOKING CHILD

- If the child is coughing, encourage him or her to continue to cough. This may expel the object
- If the child cannot cough or speak, the airway is blocked. Start abdominal thrusts immediately.
- If the child becomes unresponsive, start CPR. Assign someone to call 9-1-1. If alone, call 9-1-1 after five cycles of chest compressions and rescue breaths. This should take about two minutes.



Step 1: Kneel or stand behind the child and reach around the abdomen.

Step 2: Locate the child's navel with a finger from one hand.

Step 3: Make a fist with the other hand and place the thumb side of fist against the child's abdomen just above the navel.

Step 4: Grasp your fist with your other hand and thrust inward and upward on the abdomen with quick jerks.

Enroll in one of our First Aid, CPR and AED courses for more in-depth instruction to make your home a safer place. This information is not intended to be a substitute for professional medical advice or treatment.

Source: National Safety Council

