

# 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 INFANT

If a choking infant is crying or coughing, watch carefully to see if the object comes out on its own.

If a choking, responsive infant is not crying or coughing, assume the airway is obstructed. Give alternating back blows (slaps) and chest thrusts.

If a choking infant becomes unresponsive, send someone to call 9-1-1 and start CPR. Check for an object in the mouth each time you open the airway before you give a breath, and remove an object you see with your fingers.

**Step 1:** Support the infant face down by holding the head in one hand, with the torso on your forearm against your thigh. Give up to five back blows between the shoulder blades with the heel of your other hand.

**Step 2:** If the object is not expelled, roll the infant face up, supporting the back of the infant's head with your hand.

**Step 3:** Place two fingers on the breastbone, just below the nipple line.

**Step 4:** Give five chest thrusts, about one per second. Each thrust should be 1 1/2 inches deep.

**Step 5:** Continue cycles of five back blows and 5 chest thrusts until the object is expelled or the infant becomes unresponsive. If alone, call 9-1-1 after one minute.

**Step 6:** If the infant becomes unresponsive (or for any choking infant found unresponsive), give CPR. Look inside the mouth each time you open the airway to give breaths, and remove any object seen.

