

# “Baby, child and adult choking”

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Wellness  
*CLUB*

C A M A F  
MEDICAL SCHEME

IN A CLASS OF ITS OWN



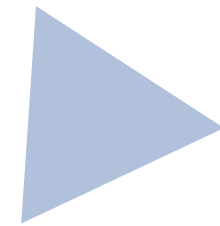
# Objectives

1. Choking hazards and the prevention of choking
2. How to recognize when someone is choking
3. How to help a baby, child or adult that is choking

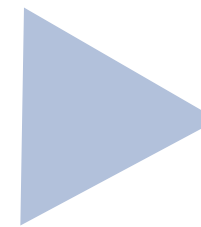


# What is choking?

Choking happens  
when something  
– food or another  
item – is caught in  
the back of the  
throat



If the objects  
block the top  
of the airway  
a person may  
be unable to  
breathe



This is an  
emergency



# 1. Choking hazards and the prevention of choking

- Supervise children
- Sit with your child when they eat, this way they are less tempted to get up and run around
- Avoid giving babies bottle in bed
- Until a child can chew properly, give them food that is pea-sized or smaller
- Remove meat from the bones
- Remove pips from fruit
- Peel the skin off fruit
- Don't give a child food while crying
- Encourage children to chew their food well and to take their time during meals



# 1. Choking hazards and the prevention of choking



# 1. Choking hazards and the prevention of choking

- **Choking risks:** nuts and seeds, hot dogs, sausages, pieces of bone and meat, lollies and marshmallows, unpeeled fruits, fruit pips and stones, raw vegetables, stringy foods like pineapple and celery
- **Household choking risks:** coins, small buttons, batteries, magnets, pens and markers, jewellery
- **Toys:** Plastic shapes, marbles, eyes of stuffed toys, table tennis balls, uninflated balloons

# Choking hazard food



# Choking prevention in bigger children and adults

- Cut food into smaller pieces
- Chew food thoroughly, especially if wearing dentures
- Don't laugh and talk while chewing and swallowing
- Don't drink lots of alcohol before or after meals - decreased gag reflex
- Sit up when eating
- Eat slowly
- Avoid a dry mouth



## 2. How to recognize when someone is choking

- Gagging/choking sounds
- Wheezing sounds
- Coughing
- Inability to speak, swallow or breath
- Neck or throat pain and chest pain
- Turning red, blue, purple in the face
- Grabbing the throat (universal sign of choking) with a look of pain and confusion
- Getting restless



# When to phone for help

- When the person has **lost consciousness**
- When the person is **not breathing**
- Phone **082 911** (Netcare) or **084 124** (Life health care)
- State what the **situation** is, the **age** of the person, what the person possibly **choked in**, and what have been **done to assist** the person
- Clearly state the **physical address** where you are and give **your name** and **phone number** to the operator.



### 3. How to help a baby that is choking

Baby = birth  
to 1 year old

**Struggle to breath** or make  
sounds

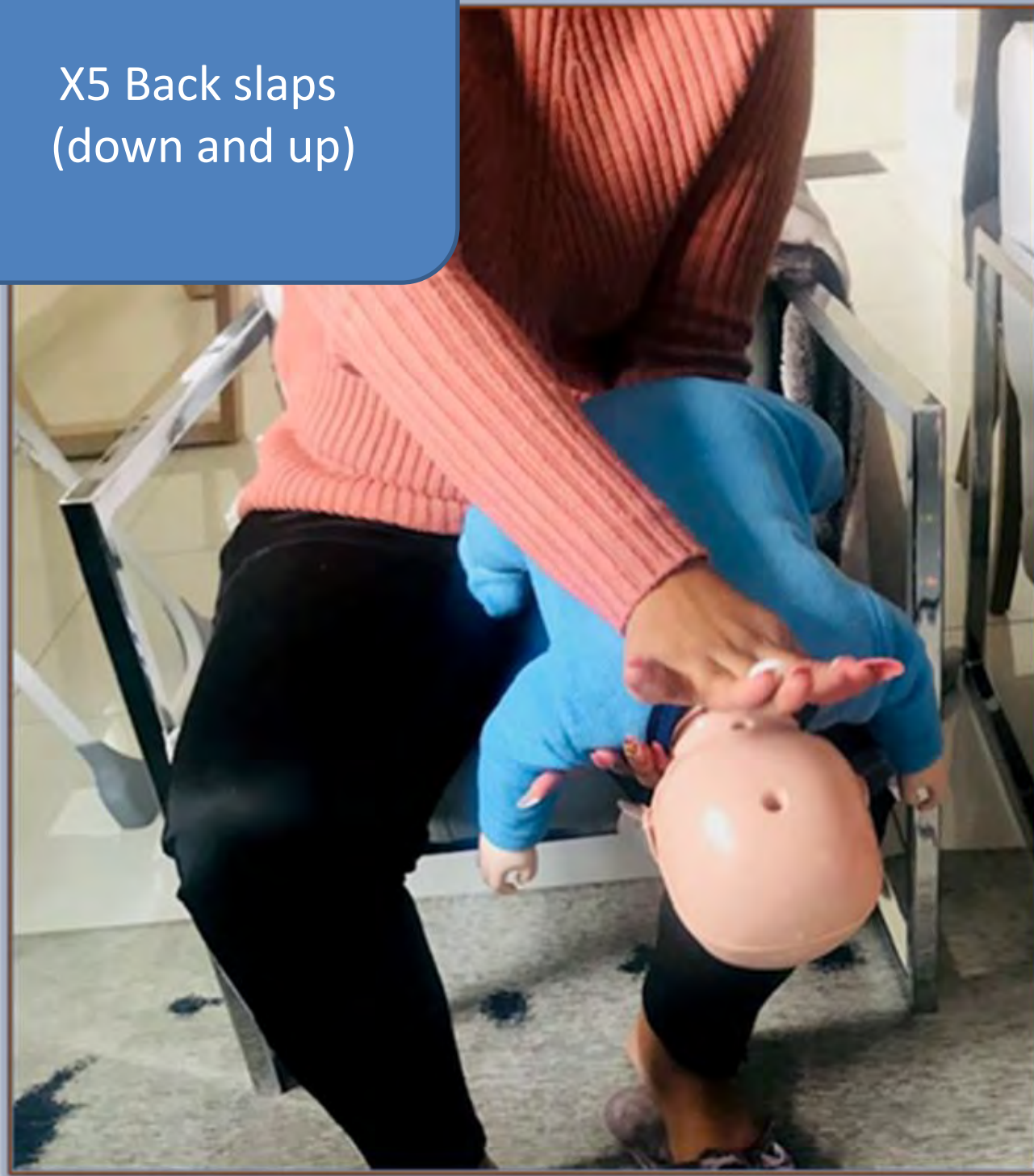
Turning **blue/purple** around  
**mouth and nose**

**X5 back slaps** followed by **x5  
compressions**

**Baby face lower than the  
buttocks**

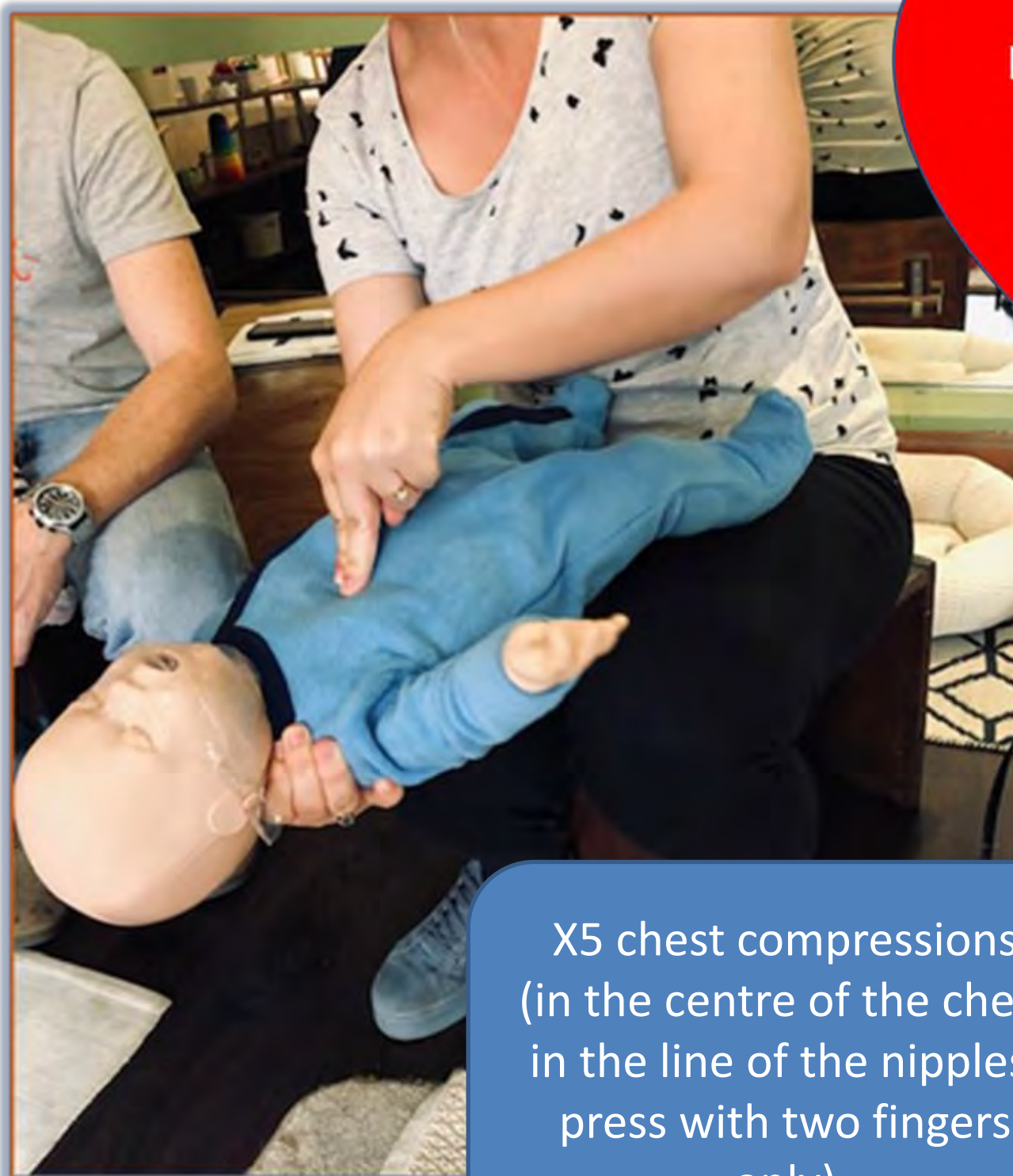
# X5 back slaps and X5 chest compressions (do this five times)

X5 Back slaps  
(down and up)



If unconscious  
and not  
breathing  
start CPR!

X5 chest compressions  
(in the centre of the chest  
in the line of the nipples,  
press with two fingers  
only)



# How to help a child that is choking

Child = 1 year  
old to  
puberty

Hold the child forward and  
perform backslaps until the  
object comes out



1

Or place the child over your lap  
with the head lower than the  
buttocks and give back slaps until  
the object comes out



If unconscious  
and not  
breathing  
start CPR!



Place one fist just above the child's navel with the thumb side facing the abdomen



Adult = Puberty till death

# How to help an adult that is choking



If unconscious and not breathing start CPR!



1

Ask if the person is choking

2

Tell the person that you are going to help him/her

3

Go behind the person and place your leg between their legs (in case of falling or losing consciousness, you can help them to the floor)

4

Place a fist just above the navel/belly button.  
Place another hand over the fist

Apply inward and upward pressure X5  
Give X5 back slaps (bend the person over)

# Heimlich

Cover your fist with your other hand and thrust up and in with sufficient force to lift the victim off his feet



In pregnant woman apply pressure  
just underneath the breasts followed  
by backslaps

If unconscious  
and not  
breathing  
start CPR!



When alone use the edge of a chair or bath tub to create pressure on the diaphragm



Remember to encourage coughing!





# Thank You

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