

First Aid for Choking

Choking baby

5 back slaps with your fingers between the baby's shoulder blades

5 chest thrusts with two fingers between the baby's nipples

Choking child



Encourage the child to cough



2

5 back slaps with the flat of



5 abdominal thrusts.

your hand between the child's shoulder blades

Clasp one hand around a closed fist, place it below the rib cage in the V and pull in and up 5 times

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