

CHOKING FIRST AID

INFANTS 0 – 1 YEAR

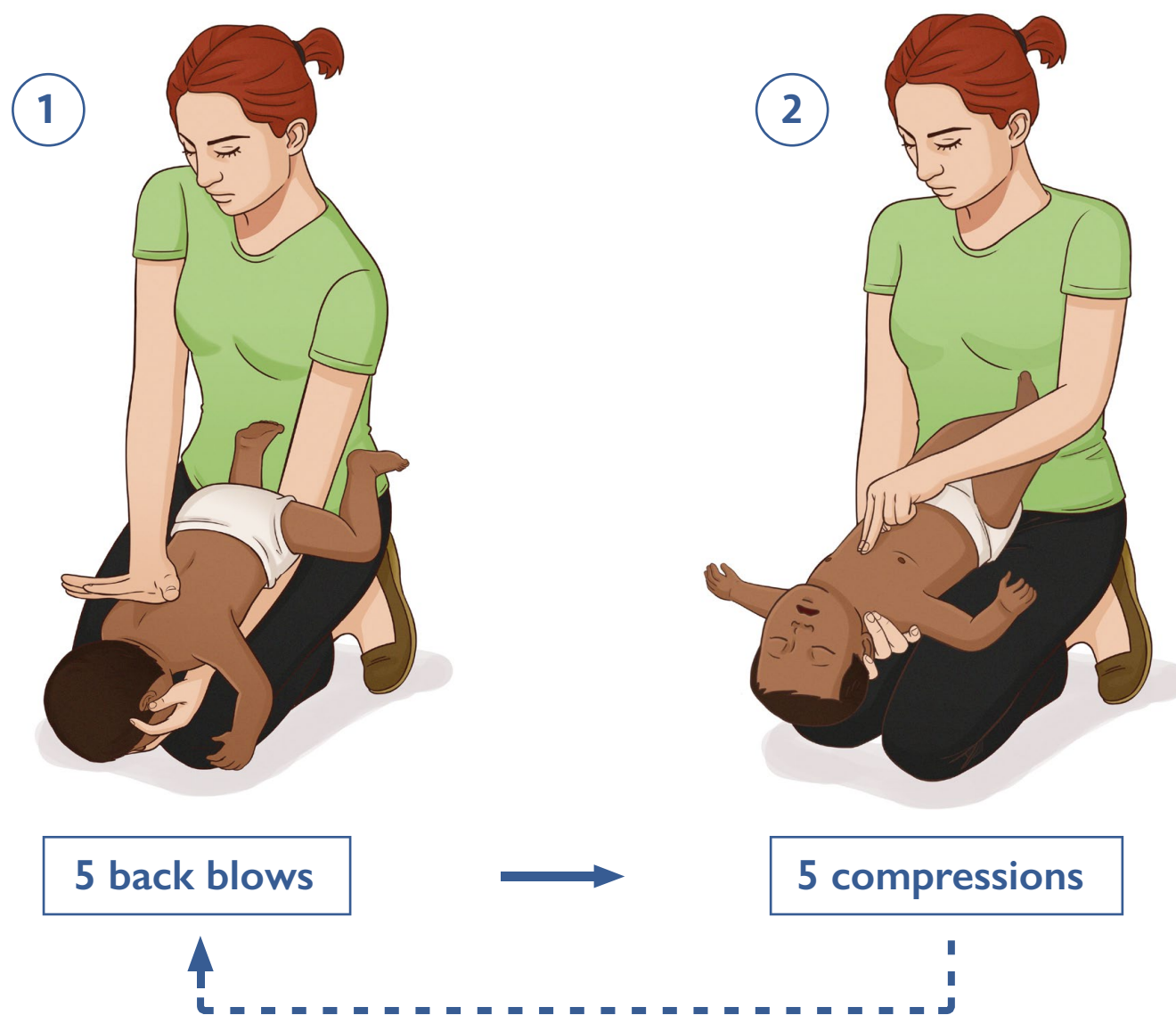
The infant is responsive and breathes, coughs and cries

Let the infant keep coughing and monitor the breathing constantly



The infant is responsive but doesn't breathe, cough or cry

Give 5 back blows followed by 5 chest compressions



As long as the infant is responsive give back blows and chest compressions alternately until the infant begins to breathe normally again. Look inside the mouth if you suspect that the object has appeared.

CHILDREN ABOVE 1 YEAR AND ADULTS

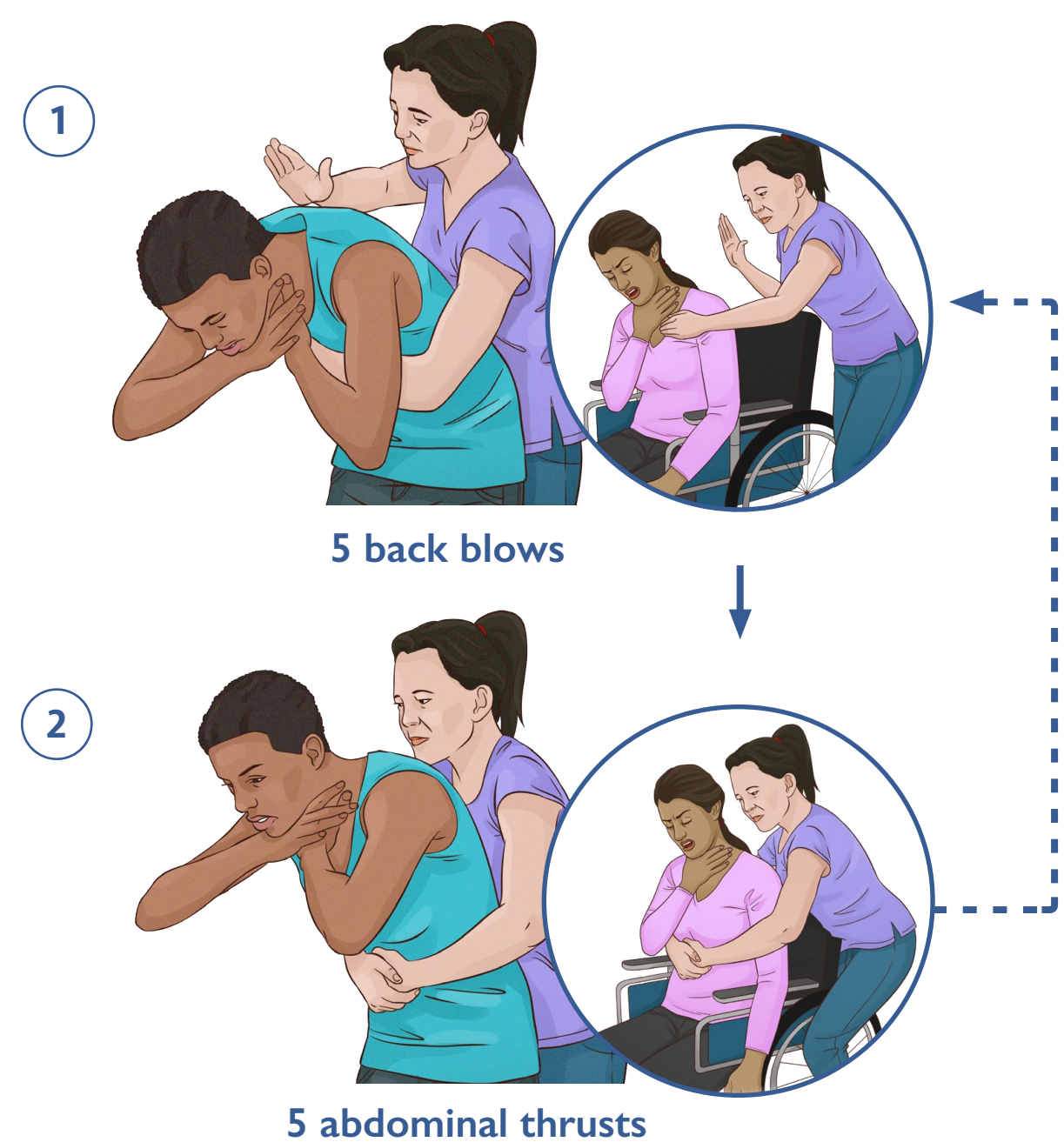
The person is responsive and breathes, coughs and speaks

Encourage the person to cough and monitor the breathing, don't leave



The person is responsive but doesn't breathe or cough

Give 5 back blows between the shoulder blades and 5 abdominal thrusts

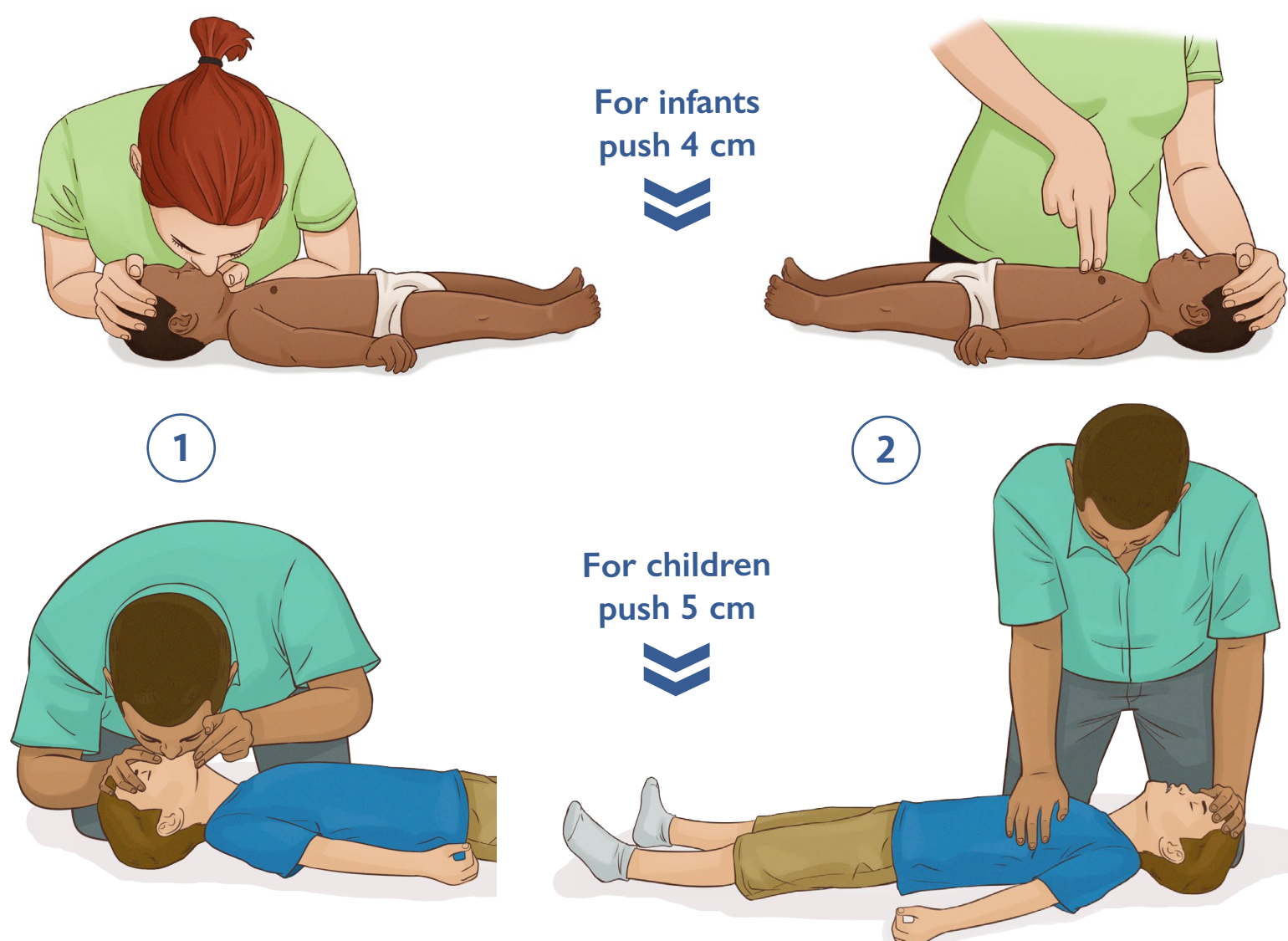


As long as the person is conscious alternate between back blows and abdominal thrusts until the person begins to breathe

UNCONCIOUS, CHILDREN 0 – 18 YEAR

The infant is unresponsive with no breathing

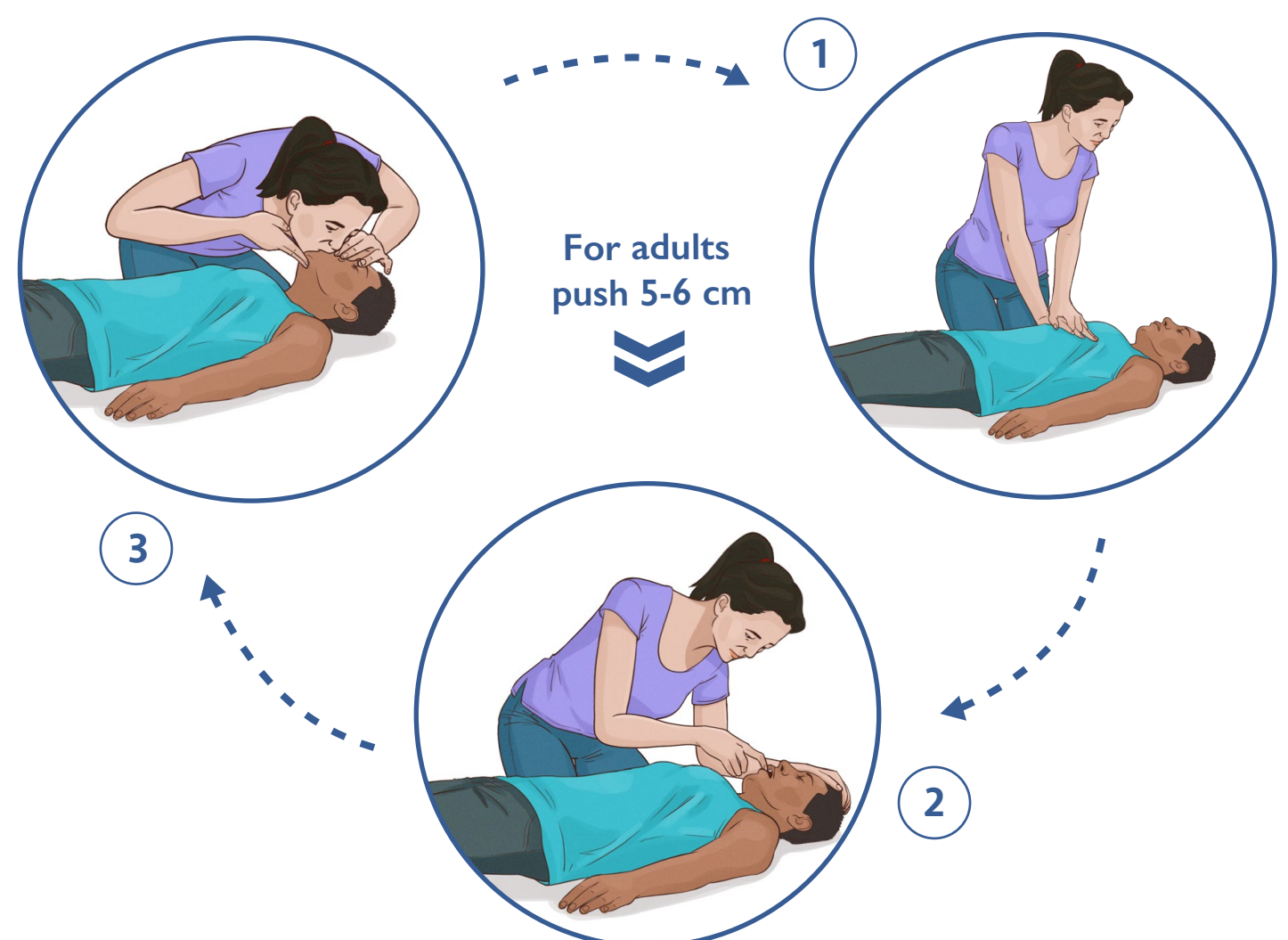
Call 112 and begin CPR. Start with 5 rescue breaths and then alternate between 15 chest compressions and 2 rescue breaths. Look inside the mouth if you suspect that the object has appeared.



UNCONCIOUS, ADULTS

The person is unresponsive with no breathing

Call 112, put the phone on speaker. Alternate between 30 compressions and 2 rescue breaths. Look inside the mouth if you suspect that the object has appeared.



Learn how to save lives! Visit www.hlr-experten.se

There you will find free CPR posters, books and articles regarding CPR. Train your staff in CPR, we have qualified instructors with real life experience. Learn what to do if somebody chokes, drowns or suffers a cardiac arrest.