



Blackwood Primary School

Early Learning & Childcare



Choking Child Procedure

Fruit and Vegetable Preparation to Reduce the Risk of Choking:

- Remove any stones or pips before serving.
- Slice, halve or chop small fruit and vegetables like cherry tomatoes and grapes.
- Cut large fruits into slices rather than chunks.

Setting the Table P.57 (Apr 2018)

How to Help a Choking Child:

- If you can see the object, try to remove it. Don't poke with your fingers as you could push the object further in and make it harder to remove.
- Encourage the child to cough if they can to bring up what they're choking on. Do not leave child.
- If child's coughing isn't effective, (it's silent or they can't breathe in properly), shout for help and phone 999. Start back blows and abdominal thrusts.

Back Blows:

- Support your child in a forward-leaning position and give 5 back blows from behind.
- If back blows don't relieve the choking and child is still conscious, give abdominal thrusts.

Abdominal Thrusts:

- Stand or kneel behind child. Place your arms under the child's arms and around their upper abdomen. Clench your fist and place it between the navel and ribs. Grasp this hand with your other hand and pull sharply inwards and upwards.
- Repeat up to 5 times.
- If the object still isn't dislodged and child is still conscious, continue the sequence of back blows and abdominal thrusts.
- Continue this cycle until help arrives.
- Even if the object has come out, get medical help. Part of the object might have been left behind, or child may have been hurt by the procedure.

Unconscious Child with Choking

- If a choking child is, or becomes, unconscious, put them on a firm, flat surface and shout for help.
- Get another member of staff to call 999.
- Don't leave the child at any stage.
- Open the child's mouth. If the objects clearly visible and you can grasp it easily, remove it.
- Start CPR (open airway, 5 initial breaths, start CPR).

Information from

NHS (Sept 2018) & Care Inspectorate
Guidance: Prevention and Management of
Choking Episodes in Babies and Children.