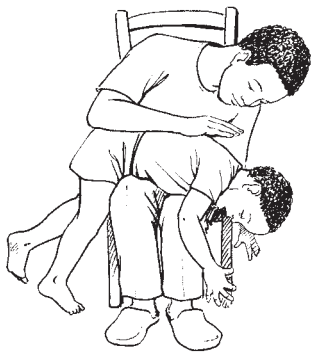


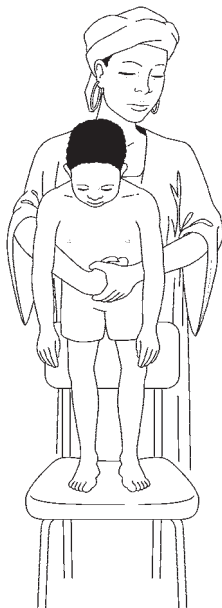
Chart 3. How to manage a choking child (> 1 year of age)



Back blows to clear airway obstruction in a choking child

Administer back blows to clear airway obstruction in a choking child.

- ▶ Give five blows to the middle of the child's back with the heel of the hand, with the child sitting, kneeling or lying.
- ▶ If the obstruction persists, go behind the child and pass your arms around the child's body; form a fist with one hand immediately below the child's sternum; place the other hand over the fist and pull upwards into the abdomen (see diagram); repeat this Heimlich manoeuvre five times.
- ▶ If the obstruction persists, check the child's mouth for any obstruction that can be removed.
- ▶ If necessary, repeat this sequence with back blows.



Heimlich manoeuvre for a choking older child