

CHOKING

1 Safety

- Check area is safe



2 Encourage to cough



3 Shout for Help



4 Back blows

- Give up to 5 back blows

If still choking

5 Chest thrusts

- Give up to 5 chest thrusts



If still choking

6 Repeat steps 4-5

- Ensure an ambulance is called



If the infant loses consciousness at any time follow BLS sequence overleaf from step 4

APRO

association of paediatric resuscitation officers

Infant Basic Life Support

Safe

Stimulate

Shout

Airway

Breathing

Circulation

This leaflet is not a comprehensive guide. It is intended as a simple aide memoire to complement a structured teaching programme and must not be used in isolation.

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B A S I C

1 Safety

- Check area is safe



2 Stimulate

- Try to wake the baby



3 Shout for Help



4 Airway

- Check mouth
- Tilt the head and lift the chin (eyes are facing the ceiling)



L I F E

5 Breathing

- Look
- Listen
- Feel

For up to 10 seconds



I f n o t b r e a t h i n g

6 Give 5 breaths



7 Circulation

- Look for any response/ normal breathing for up to 10 seconds



S U P P O R T

8 If no response

- Give 30 chest compressions



9 Continue to give

- 2 breaths to 30 chest compressions for 1 minute

A f t e r 1 m i n u t e

10 Call 999 or 112

- Continue with 2 breaths to 30 compressions until help arrives

