

HEARTSAVER®

Child Choking

(Approximately 1 to 8 years)

American Heart Association 

Learn and Live®



■ Recognize choking:

- Choking sign
- Cannot cry, cough, or speak forcefully
- Breathing with high-pitched noises
- Blue lips or skin



- Ask **“Are you choking?”** If yes, tell the child you are going to help

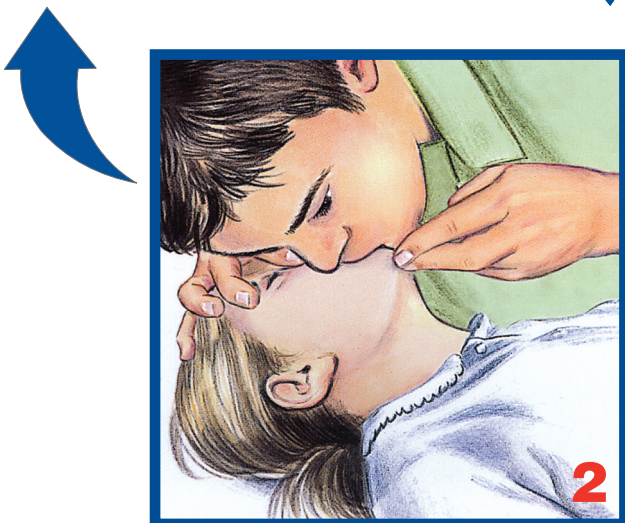
- Give **abdominal thrusts** until

- Object comes out
- or**
- Child can breathe and make sounds
- or**
- Child stops responding



- If the child stops responding

- Begin steps of **CPR**
- Each time you open the airway, **look for the object** (remove it if seen)
- After 5 cycles, **phone 911** and get AED* (if available)
- Resume CPR



*Automated external defibrillators (AEDs) are available in many public areas, and one may be available to you during an emergency. The AHA supports placing AEDs in targeted public areas such as sports arenas, gated communities, office complexes, doctors' offices, shopping malls, etc. However, there is no requirement that AEDs be available in these locations.



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