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# Infant Choking First Response

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**CHECK** 1. Complete the CHECK step and verify infant is choking  
NOTE: if infant is crying, coughing, or making sound, encourage them to continue as this means they are NOT choking. Observe and prepare to act if condition changes

**CALL** 2. If infant is unable to cry or cough, CALL 9-1-1 and get equipment, or tell someone to do so.

**CARE** 3. Give 5 back blows



- Hold infant face-down along your forearm using thigh for support.
- Keep infant's head LOWER than the body (angled)
- Give 5 firm back blows, with each one separate from the others.
- Keep your fingers UP to avoid hitting the infant's head or neck

4. Give 5 chest compressions



- Turn infant face-up, supporting their head and neck
- Lower infant onto your thigh
- Keep infant's head LOWER than the chest
- Give 5 quick chest compressions about 1 1/2 inches deep with two fingers in the center of the infant's chest
- Each chest thrust should be separate than the others

5. Continue giving sets of 5 back blows and 5 chest compressions UNTIL:

- the infant can forcefully cough or cry
- the infant becomes unresponsive

NOTE: If the infant become unresponsive, gently lower them to a firm, flat surface and begin CPR, starting with compressions. After each set of compressions and BEFORE attempting breaths, open the infants mouth, look for the object, and, if seen, remove it with a pinky sweep.



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