

# CHOKING

## Step 1 – Remember

1. Safety – Check the area is safe
2. Shout for HELP (if help arrives ask them to call 999 immediately)

## Step 2 – BACK BLOWS



Give up to five back blows

IF STILL CHOKING

## Step 3 – CHEST THRUSTS



Give up to five chest thrusts

IF STILL CHOKING

Repeat steps 2-3

CALL 999

If there is no improvement start basic life support for one minute then repeat steps 2-3

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

**TRUST VALUES: We CARE for...**  
*our patients... each other... ourselves*

### BEHAVIOURS:

Courtesy and respect

Attentively kind and helpful

Responsive communication

Effective and professional

#Proud of the Paget



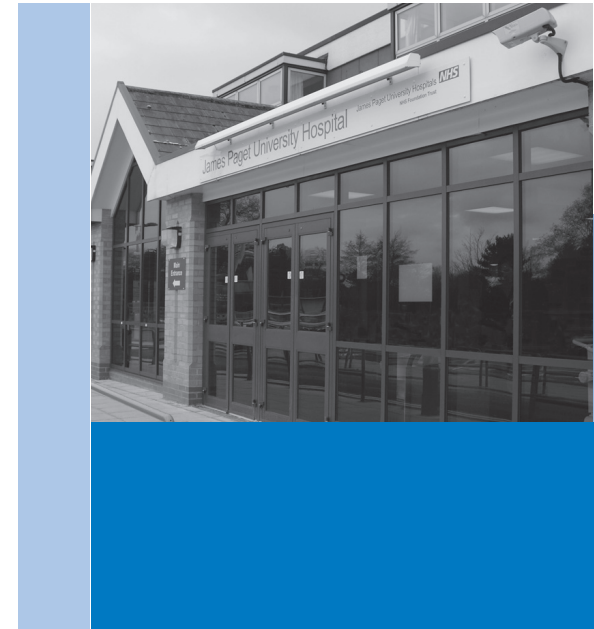
The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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## Infant Basic Life Support



Parent/Carer Information

# BASIC

If on your own please follow this guide

## Step 1 –

### Remember the three Ss'

1. **S**afety – Check the area is safe
2. **S**timulate – gentle stimulation
3. **S**hout for HELP (if help arrives ask them to call 999 immediately)

## Step 2 – AIRWAY

Open the infant's airway by placing one hand on their forehead and gently tilting the head back and lifting the chin. Remove any visible obstructions from the mouth and nose.



## Step 3 – BREATHING



Look

Listen

Feel

For up to 10 seconds

# LIFE

## IF NOT BREATHING

### Step 4 – GIVE FIVE BREATHS

Place your mouth over the mouth and nose of the infant and blow steadily and firmly into their mouth, checking that their chest rises.



### Step 5 – CIRCULATION



Look

Listen

Feel

For up to 10 seconds

## IF NO RESPONSE

# SUPPORT

### Step 6 – CHEST COMPRESSIONS



Place two fingers in the middle of the chest and push down by 4cm

Give 30 Chest Compressions



Continue to give two breaths to 30 chest compressions for one minute (5 cycles)

AFTER One MINUTE

### Step 7 – CALL 999



Take baby to the phone with you

Continue to give two breaths to 30 chest compressions until help arrives or baby responds