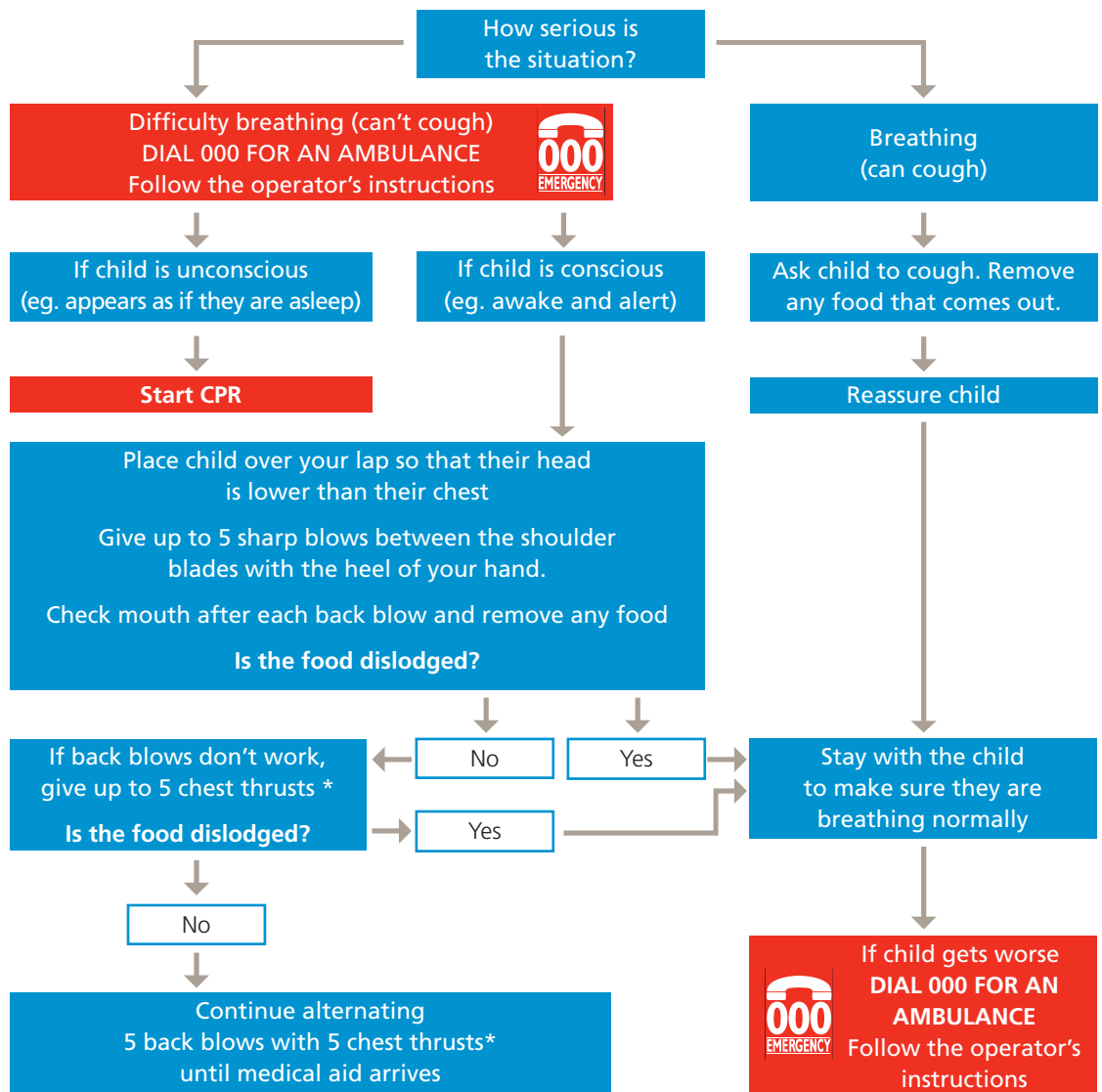


# Preventing choking on food

## What to do if a child chokes on food



\*For chest thrusts find the same compression point as you would for CPR.

Chest thrusts are similar to chest compressions but sharper, and given at a slower pace, whilst the patient is sitting or standing. Infants (< 1 year) should be placed on a firm surface on their back with their head low.

## For more information

If a child has a chewing or swallowing problem then talk to a doctor or speech pathologist.

This resource was revised with input from Start Right-Eat Right, Kidsafe SA, SA Dental Service, and the Women's and Children's Health Network.

