

Figure 4.12. The sequence of actions in a choking child

Infants

Abdominal thrusts may cause intra-abdominal injury in infants. Therefore a combination of back blows and chest thrusts is recommended for the relief of foreign body obstruction in this age group.

The baby is placed along one of the rescuer's arms in a head-down position. The rescuer then rests his or her arm along the thigh, and delivers five back blows with the heel of the free hand.

If the obstruction is not relieved the baby is turned over and laid along the rescuer's thigh, still in a head-down position. Five chest thrusts are given – using the same landmarks as for cardiac compression but at a rate of one per second. If an infant is too large to allow the single-arm technique described above to be used, then the same manoeuvres can be performed by lying the baby across the rescuer's lap. These techniques are shown in Figures 4.13 and 4.14.



Figure 4.13. Back blows in an infant

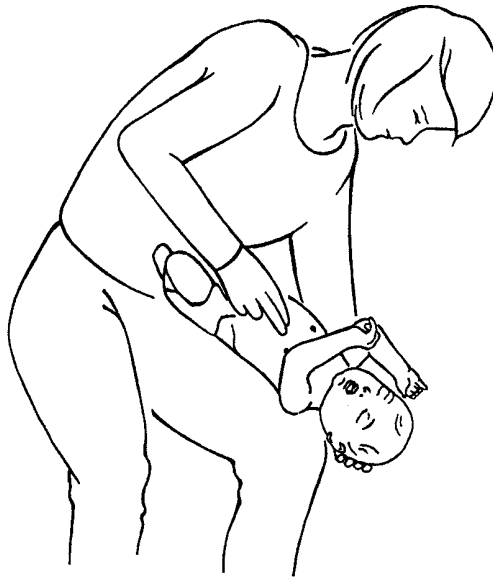


Figure 4.14. Chest thrusts in an infant

Children

Back blows and chest thrusts can be used as in infants (Figure 4.15). In the child the Heimlich manoeuvre can also be used. This can be performed with the victim either standing, sitting, kneeling, or lying.

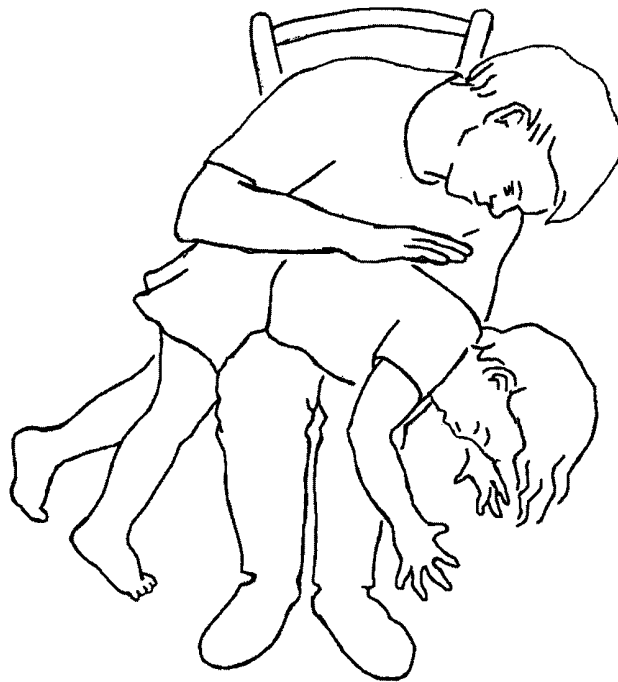


Figure 4.15. Back blows in a small child

If this is to be attempted with the child standing, kneeling, or sitting, the rescuer moves behind the victim and passes his or her arms around the victim's body. Due to the height of children, it may be necessary for an adult to raise the child or kneel behind them to carry out the standing manoeuvre effectively. One hand is formed into a fist and placed against the child's abdomen above the umbilicus and below the xiphisternum. The other hand is placed over the fist, and both hands are thrust sharply upwards into the abdomen. This is repeated five times unless the object causing the obstruction is expelled before then. This technique is shown in Figure 4.16.

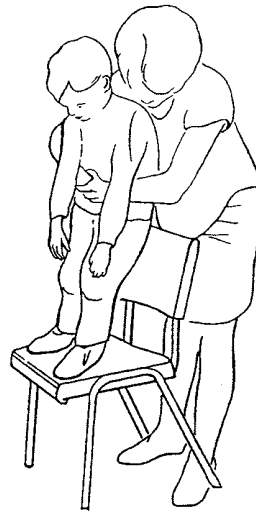


Figure 4.16. Heimlich manoeuvre in a standing child

To carry out the Heimlich manoeuvre in a supine child, the rescuer kneels at his or her feet (Figure 4.17). If the child is large it may be necessary to kneel astride him or her. The heel of one hand is placed against the child's abdomen above the umbilicus and below the xiphisternum. The other hand is placed on top of the first, and both hands are thrust sharply upwards into the abdomen with care being taken to direct the thrust in the midline. This is repeated five times unless the object causing the obstruction is expelled before then.



Figure 4.17. Abdominal thrusts