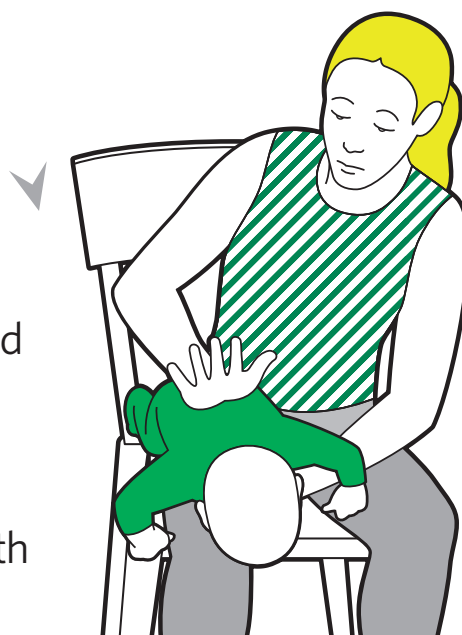




WHAT TO DO IF YOUR BABY IS CHOKING

1. Slap it out

- Lay your baby face down on your thigh and support their head
- Give up to five back blows between their shoulder blades with the heel of your hand



2. Check their mouth

- Lay your baby on your thigh face up
- Carefully pick out any obvious objects with your fingertips

3. Squeeze it out

- Using two fingers, give up to five downward chest thrusts
- Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help



4. Call 999/112

- Take your baby with you and call 999 or 112
- Repeat the above steps 1 to 3 until help arrives.

Learn first aid.

Help save lives.

Be the difference.

More life saving techniques and videos can be found on our website.

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