DO NOT FORGET · THE SHORT CHECKLIST

Choking child: foreign body airway obstruction



Stepwise relief of foreign body airway obstruction in infants and children: encourage coughing, back blows and chest or abdominal thrusts, then CPR and removal under direct vision if the child becomes unresponsive.

EM Orbit

Patient reference	Date	Time	Completed by

The 4 steps that must not be missed

- [ ] DURING
Do not use abdominal thrusts in infants

- [ ] DURING
Do not perform blind or repeated finger sweeps
They can push the object further down and cause injury. Remove an object only if it is clearly visible, with a single finger or forceps.

- [ ] DURING
If there is no response, start chest compressions immediately without checking for signs of circulation
Continue CPR at 15 compressions to 2 breaths (healthcare providers).

- [ ] AFTER
Arrange medical assessment for any child who has received abdominal or chest thrusts, or who has a persisting cough, difficulty swallowing or a feeling of something still stuck
Thrusts can cause internal injury, and part of the object may remain in the airway.

The short list: an aid to memory, not the whole procedure. The full checklist is at the QR code. It does not replace your local protocol or your clinical judgement.