



Choking

Food and small objects create choking hazards, especially for small children. Learn how to avoid the most common choking hazards and how to help save the life of someone who is choking. Read further to learn how to recognize warning signs, and where to learn the abdominal thrust (commonly referred to as the Heimlich Maneuver) and CPR.



Prevent Children from Choking:

- Children under the age of four are the most likely to choke on small objects and food, so be vigilant when supervising meals and playtime.
- Don't let young children have hard candy.
- Cut food into small, bite-sized pieces.
- Make sure toys don't include any small parts.
- Keep children seated when eating; Walking, running, or laying down makes it harder to swallow food.

Resources

[Choking Hazards for Children](#)

[Choking Prevention and Rescue Tips](#)

How to Assist a Choking Victim:

- Know how to recognize the signs that someone is choking. These include:
 - ◊ Coughing
 - ◊ Gagging
 - ◊ Wheezing
 - ◊ Clutching at the throat
 - ◊ Passing out
- Take a training to learn how to perform the abdominal thrust and CPR.

Some training locations in our area:

- [American Red Cross](#)
- [Northwest Health and Safety](#)
- [Northwest Regional Training Center](#)



Created by R. Benjamin

Don't learn safety by accident