

# Emergency: airway obstruction

Take immediate action!

## infant

### 1. back blows method with the help of gravity



alternatively you can hold the baby in a flyer grip

5 times or as long as the baby is coughing

Hold the baby on the knee, his upper body hanging vertically, give strong blows with the palm of the hand between his shoulder blades.

## child

### 1. back blows method with the help of gravity



5 times or as long as the child is coughing

Bend the child over the knee, his upper body hanging vertically, give strong blows with the palm of the hand between his shoulder blades.

### 2. Heimlich maneuver



With two fingers or the ball of the hand, press on the baby's chest. (about 4 cm deep)

up to 5 times

If necessary, repeat the first two methods alternately

### 2. Heimlich maneuver



With open hands, between the umbilical and the costal arch, push in the direction of the lungs with a spooning motion.

up to 5 times

If necessary, repeat the first two methods alternately



3. In case of unconsciousness or if the first two methods do not succeed, call **112**

4. Resuscitate until the arrival of the rescue service: 15 x compressions, 2 x rescue breaths (see factsheet resuscitation)