

FIRST AID: CHOKING

- Don't slap the child hard on the back while he or she is sitting up.
- Don't try to remove the object with your fingers.
- If a child doesn't breath spontaneously after the removal of the object, apply mouth-to-mouth resuscitation.

INFANT/TODDLER

If unable to cough, talk or breathe:

1. Position the child face down on your arm or lap.
2. Support the head.
3. Slap the child firmly between the shoulder blades five times.

OLDER CHILD

1. Use the Heimlich manoeuvre (abdominal thrusts).



EMERGENCY NUMBER 10111

CHILDSAFE SOUTH AFRICA

☒ Red Cross War Memorial Children's Hospital
Klipfontein Road, Rondebosch, Cape Town, 7701,
South Africa

☎ +27 (0)21 685 5208

☎ +27 (0)21 685 5331

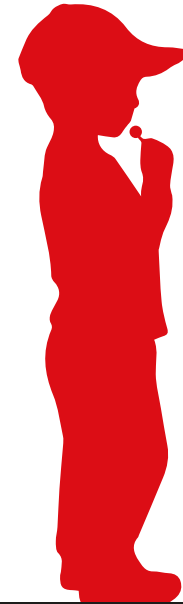
✉ capfsa@pgwc.gov.za

🌐 www.childsafe.org.za

📘 Childsafe South Africa

📱 @ChildsafeSA

A campaign of the Child Accident Prevention Foundation of Southern Africa (CAPFSA), a member of Safe Kids Worldwide.



DID YOU KNOW?

- Every year, more than 100 children under five years of age die from choking and suffocation.
- Small children learn about their environment by putting things in their mouths.

HOW TO PREVENT CHOKING AND SUFFOCATION

IT ONLY TAKES SECONDS.

WOOLWORTHS 

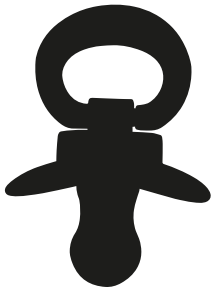
childsafe
KEEP KIDS FREE FROM HARM 



ENCOURAGE CHILDREN TO SIT DOWN WHEN EATING

FOOD PREVENTION

- **NEVER** give small, round or hard food to children under five years of age, e.g. peanuts, candy and grapes.
- **ALWAYS** cut food in chunks.
- Encourage children to sit down when eating.
- **ALWAYS** supervise your child when they are eating or drinking from a bottle.
- **ALWAYS** remove small bones when preparing chicken and fish.
- Don't give children dried peas and beans to play with.



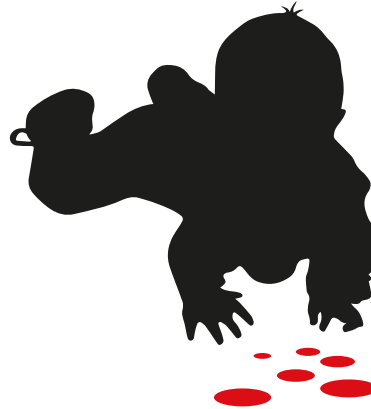
BEWARE OF DUMMIES SEPARATING INTO SMALLER PARTS

SLEEPING PREVENTION

- **ALWAYS** remove bibs, scarfs, necklaces or any clothing with cords or ribbons before putting the baby to sleep.
- **ALWAYS** put your baby to bed on their back.
- Ensure the baby cannot get trapped between the bars of the cot or between the frame and the mattress.
- If you share the bed with your baby:
 - Sleep on a firm mattress and minimise the use of pillows and blankets.
 - Make sure you are not under the influence of alcohol or medication.

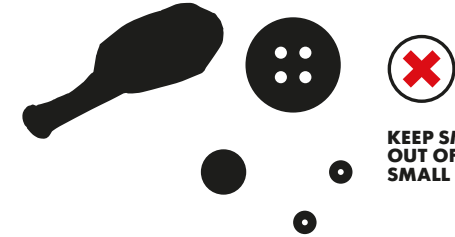


MAKE A HABIT OF REMOVING SMALL ITEMS FROM THE FLOOR



CORDS AND RIBBONS PREVENTION

- Do not attach a dummy to a string around the baby's neck.
- Make sure all dangling cords, like electrical or window cords, are out of reach.
- Do not allow your child to play with cords and ropes unless an adult is watching.



KEEP SMALL ITEMS OUT OF REACH OF SMALL CHILDREN

SMALL OBJECTS PREVENTION

- Keep all small items out of reach, e.g. safety pins, coins, buttons, beads, magnets, button-sized batteries, flat balloons and marbles.
- Make a habit of removing small items from the floor.
- Beware of dummies that are too small.
- Beware of the dummy separating into smaller parts.
- Keep small toys with small parts away from children until they are old enough to play with them.
- Keep plastic bags out of reach and tie them in a knot.
- Cut up and throw away plastic used for packaging.



NEVER GIVE SMALL, ROUND OR HARD FOOD TO CHILDREN UNDER FIVE YEARS OF AGE