

Choking, Strangulation, and Suffocation

Facts About Choking and Suffocation

- ◆ Children under age 4 are at highest risk for choking. Suffocation is a leading cause of injury death for infants under age 1.

Choking Prevention Tips

- ✱ **Keep it out of reach!** Babies explore their world by putting everything in their mouths.

- ✓ **NEVER leave small objects** (like coins, balloons, buttons or small toys) in your baby's reach, even for a moment.



- ✓ Avoid putting bandages on small children's fingers. Small children can choke on them.



- ✓ A child under age 4 should not eat hard pieces of food like chunks of raw carrots, apples, hot dogs, grapes, peanuts or popcorn. Cut foods you feed your child into very small pieces to prevent choking.

- ✓ Try to keep bits of food off the floor where a child may find it and put it in his/her mouth. Empty wastebaskets often to keep children from taking things out and trying to eat them.



- ✓ Toy manufacturers are required to place warning labels on toys that could be a choking hazard to young children. Be sure to read the labels and avoid:

- ☒ Small toys, like marbles or balloons, and toys with small removable parts



Strangulation Prevention Tips

- ✱ **Avoid potentially dangerous household items and toys**
- ✓ Tie up or shorten cords on blinds or drapes. Retrofit current blinds with safety devices.
- ✓ Remove drawstrings from hooded jackets.
- ✓ Toys with strings, straps or cords longer than 7 inches that could wrap around a child's neck and strangle him or her.
- ✓ Don't allow children to wear necklaces that are not designed to break away.

Suffocation Prevention Tips

- ✓ Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep these things where your child cannot get them.
- ✓ To prevent suffocation and reduce the risk of sudden infant death syndrome (SIDS), babies should always sleep on their backs.



- ✓ **NEVER** put a baby on a waterbed, bean bag or object soft enough to cover the baby's face and block air to the nose or mouth.

Be Prepared

- ✓ Use a small parts tester (or even a toilet paper tube) to measure the size of small toys or parts. If the piece fits entirely inside the tube, your child could choke on it.
- ✓ Be prepared to save the life of a choking or suffocating child. Learn the Heimlich maneuver, CPR and first aid.

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