

BROOKLINE HEALTH DEPARTMENT

CHOKING PREVENTION TIPS

Choking can happen to people of all ages. Although eating is often the cause, it is also common in cases of young children putting small objects in their mouths. The following suggestions are recommended to protect both children and adults...

- Eat slowly, chew food thoroughly and avoid talking with a full mouth. Instruct children to do so also.
- Cut children's foods into small, bite size pieces. Do not allow young children to have hard candy, nuts or foods with seeds or pits.
- Check the floor for small objects, (smaller than the child's fist), before allowing a young child to crawl around.
- Check your child's toys for small pieces that can be pulled or chewed off.
- Instruct children not to play, run or jump while eating and not to chew or suck on erasers or pen caps which could be swallowed.
- Adults should get regular dental care for alignment of dentures or bridges, which can also pose choking risks.
- Consider taking a Chokesaver training class, learn to perform the Heimlich Maneuver and become a certified Chokesaver.

The following organizations offer Chokesaver training. Please call them for program offerings:

- The American Red Cross (617) 375-0700
- B. Oleson (City of Newton site) (508) 758-3118
- The American Heart Association (877) 242-4277