



Safety Week

Safety in mind - Choking

The focus for safety week 2022 was **SAFETY IN MIND!**

FACT: Choking is the biggest cause of accidental deaths in under 5s!

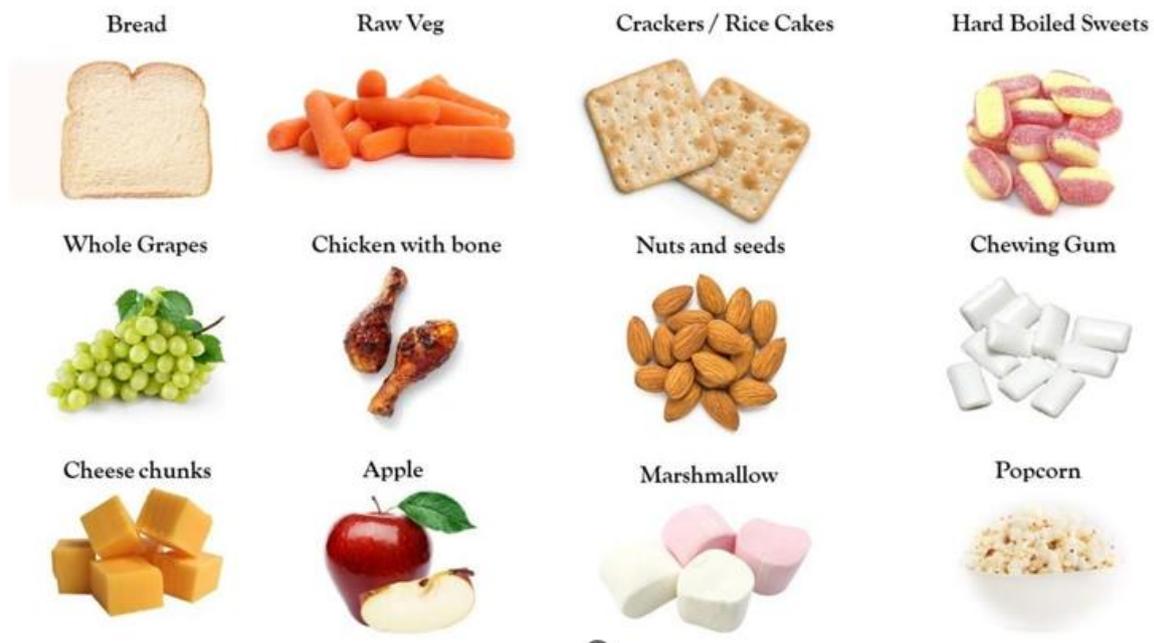
Tasty bite or **DEADLY BITE?**

The child accident prevention trust states that in the UK a child dies every month from choking and hundreds require hospital and medical care. It is essential that we are all **safety aware** when it comes to what we feed our children.

FACT: Children do not master chewing or swallowing until at least 4-5 years old.

Babies are enjoying and exploring food and overtime develop skills and muscle coordination to chew and swallow a wide variety of tasty foods. However, we have a role to keep them safe and prevent foods becoming a **DEADLY BITE!**

The image below shows a list of the most twelve deadliest foods for babies and children – this is not to say they should be avoided but offered with caution and prepared accordingly to the stage of development.



With safety in mind – Look at out for the signs!

Babies: do not give solids until they are developmentally able.

Signs of choking may include unable to breath, cry or cough, red puffy face, signs of distress.

Children: although mastering chewing and swallowing they are wrigglers and therefore need to be carefully observed and encouraged to concentrate on eating.

Signs of choking may also include difficulty breathing, speaking, coughing, red puffy face, signs of distress – may grasp their neck or point to throat.



Further your knowledge

To keep safety in mind check out the you tube clip [The Chokeables: How to save a choking baby - St John Ambulance - YouTube](#)

Plus use the link to check out available first aid courses in your area.

[Emergency First Aid at Work Training Course | St John Ambulance \(sja.org.uk\)](#)

Remember – always keep **Safety in mind!**

Useful resource

([Report: The Un-Usual Suspects - Main Causes of Choking Deaths in the UK | CE Safety Blog](#)).