

Choking, Suffocation & Strangulation Prevention

Know the facts:

In 2001, 864 children ages 14 and under died from unintentional airway obstruction injuries including choking, suffocation, strangulation and entrapment. Of these children, nearly 90 percent were ages four and under.

In 2001, 169 children ages 14 and under died from choking (food and nonfood items). The majority of childhood choking injuries and deaths are associated with food items; however, non-food items, such as coins, small balls and balloons are also hazards for young children. Since 1973, more than 110 children have died from balloon-related suffocation.

Since 1985, 22 children have died from entangled children's clothing drawstrings, most often the hood/neck drawstrings. More than half of drawstring entanglement incidents involved playground slides.

Safety Basics:

Choking occurs when food or small objects block the airway. This prevents oxygen from getting to the lungs and the brain. Young children are at risk from choking on small, round foods such as hot dogs, candies, nuts, grapes, marshmallows and popcorn.

Children should avoid wearing drawstrings or necklaces on the playground. Clothing, scarves, mittens, jacket strings and jacket hoods can get caught in narrow gaps, openings or holes on slides, vertical posts, and on open connecting links such as "S" hooks.



Dangerous nonfood items include coins, balloons, marbles, and buttons. **Adults and children ages 10 and older should know how to perform CPR (cardiopulmonary resuscitation) and the Heimlich maneuver.**

To prevent suffocation, young children should never play with plastic bags or go inside anything that can trap them such as refrigerators, freezers, dishwashers, trunks, and toy boxes.

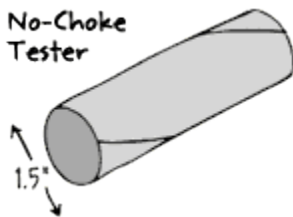
Window blind cords should be cut and tied up out of the reach of children.



Let your children know that eating is serious business. Create fun place-mats with them; which contain key choking prevention messages. You can also inexpensively laminate them. This is a great way to remind your children to:

- Chew food thoroughly
- Not run or play while eating
- Only put small amounts of food in their mouths
- Only put food in their mouths
- Sit down when eating
- Take small bites

No-Choke Tester



"No-Choke Tester"

Inspect your children's toys and identify choking hazards. You can test for choking hazards by seeing if toys fit through an empty toilet paper roll. If they do, they're too small to be played with safely. Children can decorate their "no-choke tester" with pictures, stickers or their names. Toys with choking hazards should be kept away from babies, toddlers and young children.

Keep Our Children Safe!!!

Brought to you by the **West Paterson Volunteer Fire Department**

