

”שָׁמַר יְקָדִים קָדָה לְוַשֵׁט וַיָּבֵא לְיָדַי סִפָּדָה”
-תענית, ה', ב'



SAFETY ISRAEL

AWARENESS | PREVENTION | SAVING LIVES

SAFE EATING

A GUIDE FOR PARENTS



In memory of Mrs. Devora Bat R' Eliezer (Doris Mainzer) z"l, founder of "Keren Yosef" who worked tirelessly to raise awareness of safety in the community and to saving lives

Choking is the third most common cause of death among children. In most cases, the cause of choking is food.

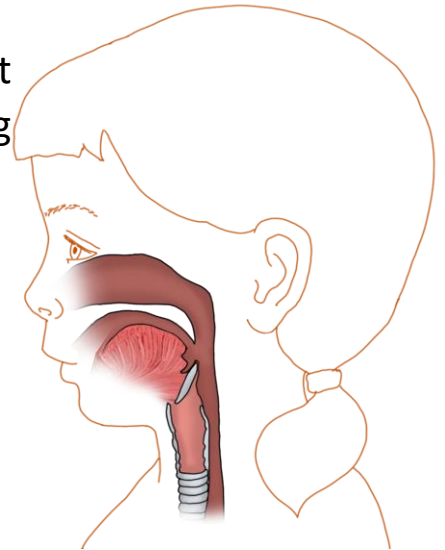
Children under the age of have a higher chance of choking while eating.

Why?

The airway of infants, toddlers, and young children is smaller and narrower than the airway of an adult. Additionally, the coughing reflex is still developing, while youngsters are not yet adept at chewing food thoroughly before swallowing.

Food or foreign objects that enter the airway might get lodged and block the passage of air, causing choking.

This is an immediate life-threatening situation!



**Safe eating habits can prevent choking -
and save lives**

DID YOU KNOW?

There are some types of foods that carry a higher choking risk:



Shape: round foods can get stuck at the entrance to the airway



Size: food that is too small can easily get stuck inside the airway, while food that is too big can become lodged in the entrance of the airway, preventing airflow.



Texture: slippery food can slip into the airway more easily. Hard-textured food can get stuck and block airflow into the lungs. Liquid-soaked food may expand in volume, causing a blockage.

These types of food are considered dangerous for young children!

- **Supervise young children, toddlers and babies during mealtime**
- **“One may not speak during a meal”**
Make sure that no one speaks with food in their mouth
- **Maintain safe eating habits**
Eat while seated steadily near the table
Make sure mealtime is relaxed and without distractions
Remind children to take small bites, to chew well and to swallow
- **Check that the food is safe for your child’s age**
Pay attention to what your child puts in their mouth



Nuts

Peanuts, almonds, walnuts, pecans, sunflower seeds, etc.



Small, round dried fruit

Raisins, craisins, etc.



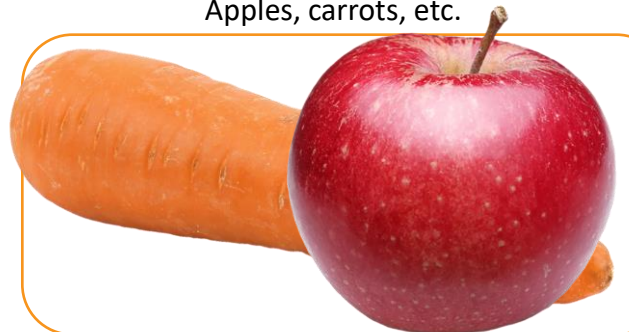
Sticky dried fruit

Dried figs, dried apricots, etc.



Hard food

Apples, carrots, etc.



Small round food

Grapes, kumquats, etc.



Elongated round food with a small diameter

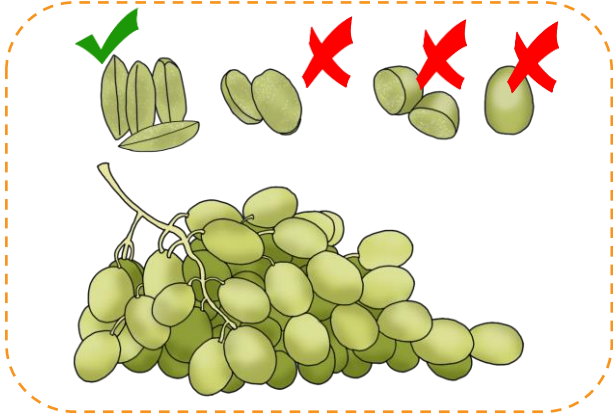
Hot-dogs and similar



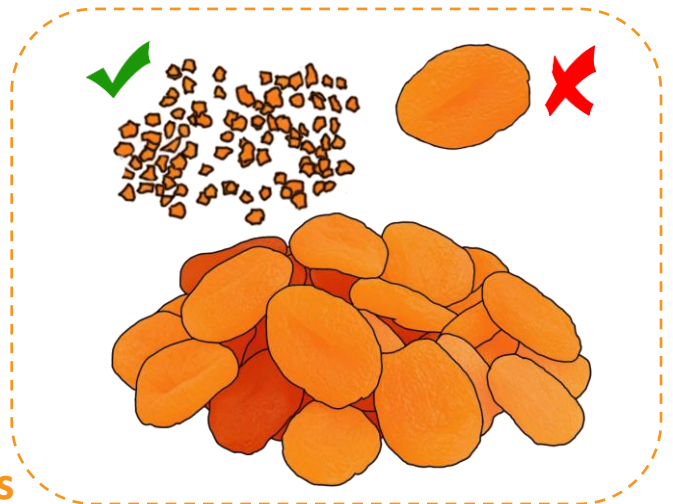
DO NOT SERVE TO CHILDREN UNDER THE AGE OF FIVE!



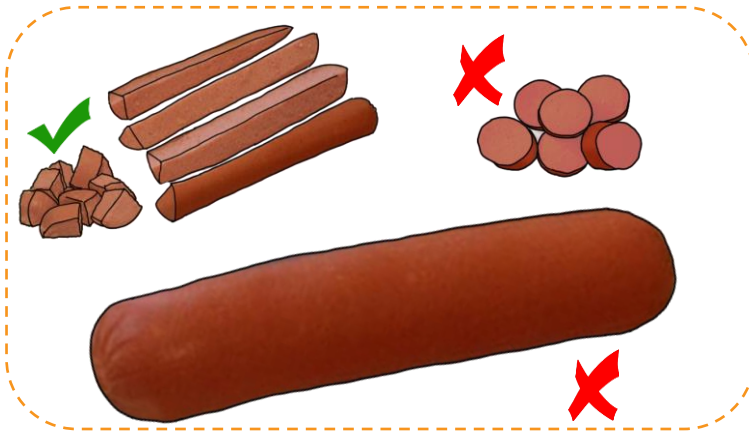
Small round food
Cut lengthwise, then
into quarters



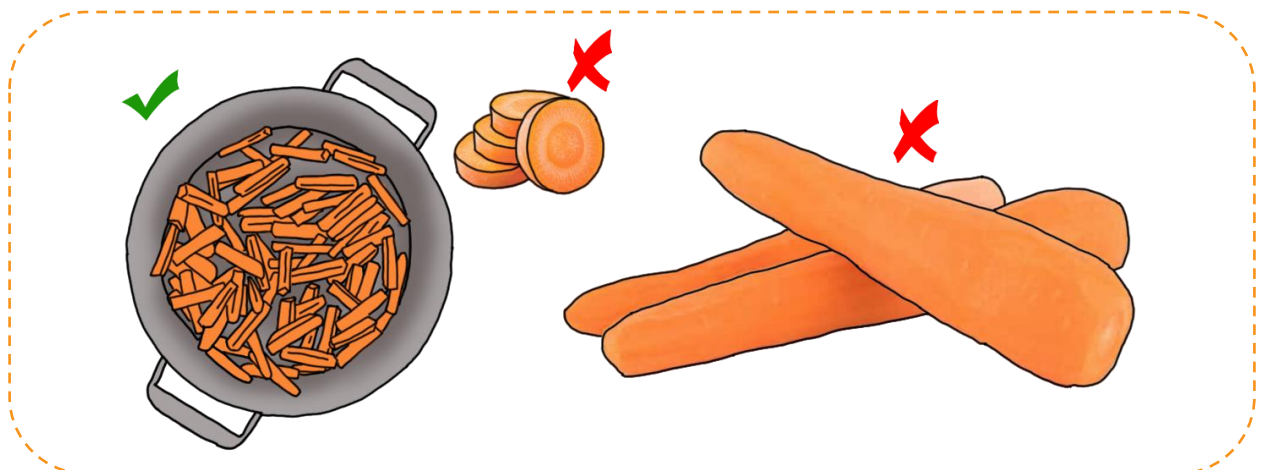
Sticky dried fruit
Cut into small pieces



Long round food of small diameter
Cut lengthwise, then into quarters



Hard food
Cook until soft, or cut into small pieces



Choking – Infants and Children

When food or a foreign object becomes lodged in the airway, airflow is blocked, resulting in choking.

Remember: The best way to save a person from choking is by **PREVENTION!!!**

How do we recognize choking?

The airway may be partially blocked causing coughing and gagging, or it might be a complete obstruction when air and oxygen cannot travel through the airway into the lungs.

In partial obstruction, the child or baby is breathing, possibly with abnormal breath sounds, and is making noise, coughing, or crying

However, when there is a full obstruction, the child cannot speak or make a sound.

A Child might instinctively grab the base of the neck – a universal sign of choking.

An infant in this situation cannot cry.

The child or infant cannot cough effectively, is not breathing or is barely breathing, and their face starts to turn a blueish hue.



This is an immediate life-threatening situation!

First Aid: Partial Airway Obstruction

If the child or infant is still breathing, coughing effectively, and can speak or cry- provide support while encouraging them to cough.

Remain with the child and observe them carefully – if the situation does not improve, if the situation seems to be getting worse, or if the child or infant cannot expel the object – call for emergency help immediately.

IN A FULL AIRWAY OBSTRUCTION – ACT IMMEDIATELY:

FIRST AID: CHOKING CHILD

Over the age of 1 year



Perform abdominal thrusts

Call for help – dial 101

If the child becomes unresponsive –
begin chest compressions

*Note: Never perform abdominal thrusts in infants under one year of age

FIRST AID: CHOKING INFANT

Under the age of 1 year



Quickly check the mouth

If you can see the object – attempt to remove it



Place the infant stomach-down across your forearm

Give five back blows



Place the baby on his back

Perform five chest thrusts

Repeat above steps until the object is expelled or until the infant loses consciousness

If the infant becomes unresponsive:

Call for help and begin CPR

Dear parents and caregivers:

**SIGN UP FOR A
FIRST-AID & CPR
COURSE TODAY!!**

Remember: The best way to save a person from choking is **PREVENTION!!!!**

"וְכָל הַמְּקָיִים נִפְּשׁ אִזּוֹת, מִעֲלֵימ עָלָיו כְּאִלּוּ קָיִם עוֹלָם מְלֵא"
-סנהדרין ד', ה'



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