

CHOKING PREVENTION

# Checklist



THE TOILET ROLL CHALLENGE! SEARCH YOUR HOME FOR CHOKING HAZARDS FROM A TODDLER VIEW!



CUT FOOD INTO BATTONS, NOT CIRCLES



SIT DOWN WITH YOUR CHILDREN TO EAT



SUPERVISE CHILDREN WHILST EATING.  
CHOKING IS SILENT.



UNDERSTAND THE DIFFERENCE BETWEEN  
GAGGING AND CHOKING.

KNOW HOW TO CLEAR AN AIRWAY IF  
REQUIRED AND LEARN CPR!

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