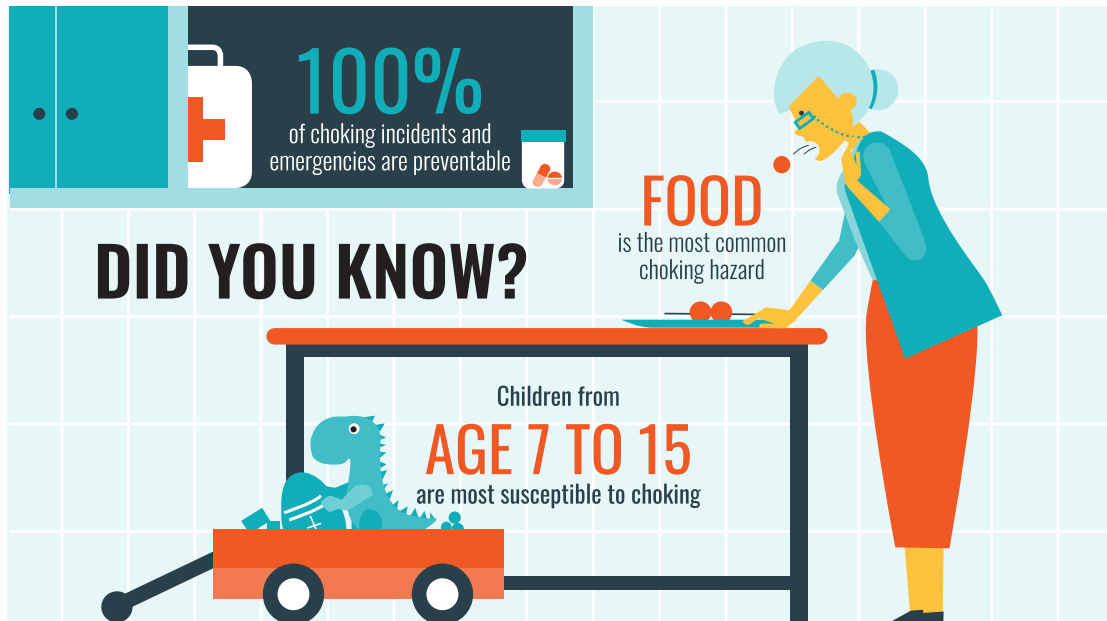


## Choke-proof your home

Emergencies like falls, burns and choking can happen anywhere. But the home is the first place to safeguard your young and old against these common, yet preventable mishaps.



## Top choking hazards

### THE ELDERLY

Age-related changes with swallowing are normal for the elderly, but foods or liquids entering the lungs regularly is not.

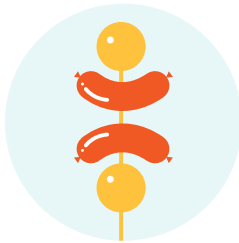


# Top choking hazards

## THE YOUNG ONES

It is normal for toddlers to go through an exploratory phase by trying to put everything they can find into their mouths. Those looking after children would do well to know what objects in the home are choking risks.

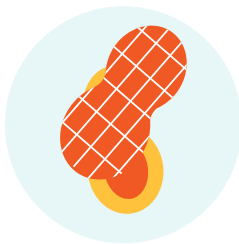
### RISKY FOODS



#### Small, round and slippery food

Food like fish balls and mini-sausages can choke a young child. Mince or cut round, slippery food lengthwise before feeding it to the young.

Other food items like whole grapes, popcorn, and raw vegetables are similarly hazardous.



#### Nuts and seeds

A peanut poses a danger because a toddler is unable to chew it into smaller, safer pieces. Chances of a peanut entering the lungs are also increased as young children are still learning to properly chew and swallow food.

### TINY TOYS



#### Latex balloons (uninflated or popped)

Latex is especially hazardous because it is smooth and will conform to the airway, forming a tight seal. Even the Heimlich manoeuvre is unlikely to dislodge it.



#### Magnetic toys

Besides the possibility of choking when swallowed, ingested magnets can result in fatal bowel perforations or intestinal blockages should they stick and compress parts of the bowel wall. Equally risky toys include marbles, small plastic blocks, balls and toy parts.

### LITTLE THINGS



#### Batteries (especially button batteries)

Batteries stuck in the oesophagus can leak corrosive chemicals and cause severe and permanent tissue damage within two to three hours.

Other little hazards include coins, erasers, buttons, ornaments and pebbles.

## Don't put your child at risk!



Sit your child down and upright when eating, and in a stationary spot

Pay attention to the shape, size and texture of your child's food

Get down on your hands and knees to see what your child sees

Only buy toys that cannot fit inside a toilet paper roll (roughly 4.25cm in width)

Closely supervise all meal and snack times

