

3.12: Managing Choking Hazards Policy

In devising this policy, we have referred to the guidance within the following documents:

- Early years choking hazards food safety advice from the Foods Standards Agency.gov.uk.
- Best practice guidance: managing choking episodes in babies and children- (Care Inspectorate 2019).
- Better Lives, Better Futures. Safety: Preventing Choking NHS

Definition: A foreign object that is stuck in the pharynx (back of the throat) or trachea (windpipe) that causes a blockage or muscular spasm in the child's airway is classified as choking.

This policy relates to children in our care from the age of 2-5 years

Signs and Symptoms

Respiratory distress associated with:

- Coughing,
- Gagging,
- Stridor (loud, harsh, high pitched respiratory sound),
- Airway Obstruction,
- The onset is sudden,
- There are no signs of illness,
- There are no clues to alert the rescuer, history of eating or playing with small items

Sometimes choking can be silent with no sound or warning.

Emergency Procedure

When a child chokes:

- Assess whether the child is coughing effectively, if so then no external manoeuvre is necessary.
- Encourage the child to cough and monitor.
- If the child's cough is ineffective, shout for help to contact emergency services immediately (999).
- Call the child's emergency guardian/carer.

Food Safety

- Pips and Stones are removed from fruit and vegetables prior to being served.
- **Fruit is quartered and chopped to prevent choking episodes.**
- Large fruit is sliced into small pieces for all children within our care.

High risk choking foods are not served to children within our care and will be returned if in their lunch bags.

Peanuts, peanut products (we are a no peanut setting)

- Hot dogs
- Any kind of nuts
- Chocolate Mini Eggs and Maltesers or similar shaped items.
- Popcorn.
- Marshmallows
- Chewing gum
- Fizzy drinks
- Any boiled sweets, hard chewy sweets, such as Midget Gems, Jelly Tots, Haribo, Skittles etc. (these will be returned with your child if they are in their lunch bag.

Foods such as:

- Whole grapes, grapes are always to be cut into quarters.
- Strawberries and cherries to be cut into quarters.
- Large chunks of raw carrots, carrots to be cut into strips.

Equipment

Supervision is required when utilising these pieces of equipment:

- Pins,
- Nuts and bolts,
- Small beads under 4.45cm (1¾ inches),
- Plastic bags and deflated balloons or pieces of a burst balloon
- Glitter

Staff must ensure that equipment is suitable for the age range of the children. Toys are marked with a symbol (faced scored through with '0-3' in writing) Do not rely solely on a CE mark as this only classifies a benchmark of the European law.

All staff are first aid trained. Staff will always sit with children whilst eating and drinking. Staff will check that children's lunch boxes

Responding to a choking incident

Our records and documents a choking incident after experienced. The record must state:

- Child's Name.
- Date, Time and Place of incident
- Cause of Incident
- Care given to the child
- What happened to the child immediately after the incident?

A parent must be informed and medical advice sought by the parent carer after the event. OFSTED must be notified if a child requires hospital admission.

Safety with cords & hanging resources

When we are using resources such as string, ties, things that hang from a display etc they are safe and kept out of children's reach. Blinds throughout the centre are not accessible to children.

Additional Information

Our preschool provides opportunities to support children regarding how to eat safely and discouraging them from putting things in their mouth.

This policy was adopted at a meeting of	First Friends Preschool	name of setting
Held on	_____	(date)
Date to be reviewed	_____	(date)
Signed on behalf of the management committee	_____	
Name of signatory	_____	
Role of signatory (e.g. chair/owner)	_____	