

GRAPE SAFETY

It has recently been brought to our attention about the hazards of choking on grapes and I just wanted to make sure that you are also aware.

“The doctors warn that food is responsible for over half of all fatal choking accidents, with grapes the third most common cause of death in food-related Incidents. “

If a grape is swallowed whole by a child under the age of 7 the grape can become lodged in their windpipe causing the child to choke. The tight seal produced by the grape's smooth surface makes them difficult to dislodge with standard first aid techniques.

Young children are particularly vulnerable to choking on grapes because:

- They don't have a full set of teeth and are still learning to chew properly.
- Their swallow reflex is still developing.
- Their airway is very small

The NHS strongly advise that grapes should be chopped in half lengthways and ideally in quarters.

<https://www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips/>

Useful Websites:

Information above is take from: <https://www.capt.org.uk/News/why-are-grapes-so-dangerous>

More information on how prevent choking can be found on: <https://www.capt.org.uk/choking-prevention>

News report on children choking: <https://www.theguardian.com/society/2016/dec/20/lack-of-awareness-of-grape-choking-hazard-putting-children-at-risk-say-doctors>

How to help a child that is choking: <https://www.nhs.uk/conditions/pregnancy-and-baby/helping-choking-baby/>

DON'T RISK IT, QUARTER IT

