



CHOKING VICTIM

Step by Step Heimlich Maneuver

Follow these steps to save a choking victim.

Heimlich Maneuver for Adults

1. Ask the person to cough forcefully to remove the obstruction in throat.
2. Lean the person forward slightly and stand behind him or her.
3. Make a fist with one hand.
4. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.
5. Make a quick, hard movement inward and upward.



Self Heimlich Maneuver

1. Place fist above navel while grasping fist with other hand.
2. Lean over a chair or countertop
3. Drive your fist towards yourself with an upward thrust.



Heimlich Maneuver for Infants

1. Place infant stomach down, across your forearm.
2. Give five (5) thumps on the infant's back with the heel of your hand.

