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THE HEIMLICH MANEUVER
CAN PREVENT ADULTS AND
CHILDREN FROM CHOKING
TO DEATH!

1

SAMPLE

STAND BEHIND THE CHOKING VICTIM AND WRAP
YOUR ARMS AROUND THE VICTIM'S MIDSECTION.
PLACE THE THUMB SIDE OF YOUR FIST AGAINST
THE VICTIM'S STOMACH SLIGHTLY ABOVE THE NAVEL.

2

GRIP YOUR FIST WITH YOUR OTHER HAND AND PRESS
THE DOUBLED FIST INTO THE VICTIM'S ABDOMEN WITH
A QUICK UPWARD THRUST. REPEAT THE THRUSTS
UNTIL THE OBJECT IS EXPELLED FROM THE AIRWAY OR
THE VICTIM LOSES CONSCIOUSNESS.



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