

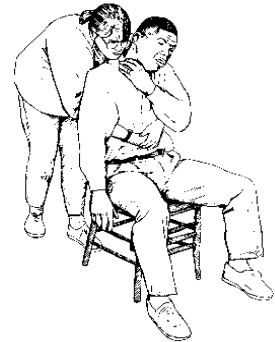
The Heimlich Maneuver for CHOKING

About ten people lose their lives in the United States every day from choking. These lives could be saved by a simple first aid maneuver that anyone can perform after a few minutes' instruction. Choking is caused by an object lodging in the throat creating a blockage of the airway, making it impossible for the victim to breathe or speak. Death by strangulation will occur in four minutes if the obstruction is not removed.



To rescue a choking victim:

1. From behind, wrap your arms around the victim's waist.
2. Make a fist and place the thumb side of your fist against the victim's upper abdomen, below the ribcage and above the navel.
3. Grasp your fist with your other hand and press into their upper abdomen with a quick upward thrust. Do not squeeze the ribcage; confine the force of the thrust to your hands.
4. Repeat until object is expelled.



UNCONSCIOUS VICTIM, OR WHEN RESCUER CAN'T REACH AROUND VICTIM:

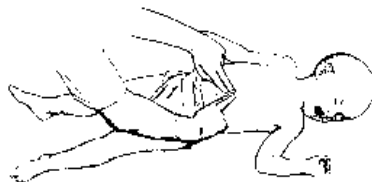
Place the victim on back. Facing the victim, kneel astride the victim's hips. With one of your hands on top of the other, place the heel of your bottom hand on the upper abdomen below the rib cage and above the navel. Use your body weight to press into the victim's upper abdomen with a quick upward thrust. Repeat until object is expelled.

If the victim has not recovered, proceed with CPR. The victim should see a physician immediately after rescue. Don't slap the victim's back as this could make matters worse.



The Heimlich Maneuver for CHOKING INFANTS

Lay the child down, face up, on a firm surface and kneel or stand at the victim's feet, or hold infant on your lap facing away from you. Place the middle and index fingers of both your hands below his rib cage and above his navel. Press into the victim's upper abdomen with a quick upward thrust; do not squeeze the rib cage. Be *very gentle*. Repeat until object is expelled.



Dr. Henry Heimlich developed this maneuver as a first-aid technique that can be applied quickly. The risks are minimal: Some rescuers have grasped the victim too high and have cracked several ribs - the alternative is death or brain damage.

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