First Aid Heimlich Maneuver Poster



First Aid

How to administer the Heimlich Maneuver
In the case of choking.

Step 1: Lean the person forward slightly & stand behind them.



Step 2: Make a fist with one hand

Step 3: Put your arms around the person & grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.

Step 4: Make a quick, hard movement - inward & upward.

Contact emergency personnel if a person losses consciousness or does not return to breathing

Image Courtesy of the Heimlich Institute