

# 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 loses consciousness or does not return to breathing*