

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