



## Tooele City Fire Department

- Choking - Heimlich Maneuver -

*Courtesy: The Heimlich Institute*

### **The Heimlich Maneuver on a choking victim**

A choking victim can't speak or breathe and needs your help immediately. \*\*\*\***Call 911**\*\*\*\*

Follow these steps to help a choking victim:

- From behind, wrap your arms around the victim's waist.
- Make a fist and place the thumb side of your fist against the victim's upper abdomen, below the ribcage and above the navel.
- 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.
- 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. (This could make matters worse.)**

### **The Heimlich Maneuver on YOURSELF**

When you choke, you can't speak or breathe and you need help immediately. Follow these steps to save yourself from choking:

- Make a fist and place the thumb side of your fist against your upper abdomen, below the ribcage and above the navel.
- Grasp your fist with your other hand and press into your upper abdomen with a quick upward thrust.
- Repeat until object is expelled.

- Alternatively, you can lean over a fixed horizontal object (table edge, chair, railing) and press your upper abdomen against the edge to produce a quick upward thrust. Repeat until object is expelled.
- See a physician immediately after rescue.

### **The Heimlich Maneuver on Infants**

A choking victim can't speak or breathe and needs your help immediately. \*\*\*\***Call 911**\*\*\*\*

Follow these steps to help a choking infant:

- 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.
- 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. (This could make matters worse.)**