

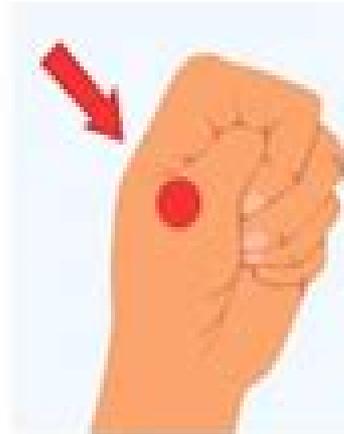
Heimlich maneuver



1. Shock due to suffocation



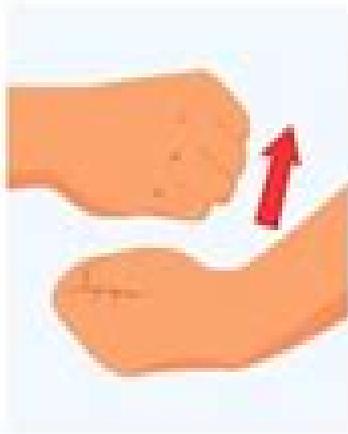
2. Stand behind the person



3. Make a fist with one hand



4. Impact area



5. Example of hand position



6. Press firmly on the victim's abdomen



7. Bend your elbows sharply



8. Perform the maneuver 5 times until the object is cleared from the airway.

First Aid

AN Whitehead



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