

***1/10/25 Meeting:
Heimlich Maneuver (& back blows)***

Please have a seat and sign in!

Heimlich Maneuver (and back blows)

What is it?

-First aid procedure used when a person is choking

Common signs of choking:

-One or both hands clutched to the throat

-Cough, which may either be weak or forceful

-Skin, lips and nails that change color turning blue or gray

-Loss of consciousness

-Squeaky sounds when trying to breathe

-A look of panic, shock or confusion

-Inability to talk

-Strained or noisy breathing

If Someone is Choking

-Step 1&2-

1. Call 911

- If a choking person can cough forcefully, let the person keep coughing.
- If they are unable to cough then...

2. Do up to 5 sharp blows to the back with the heel of your hand, between the person's shoulder blades

If Someone is Choking

-Step 2-



If Someone is Choking

-Step 3-

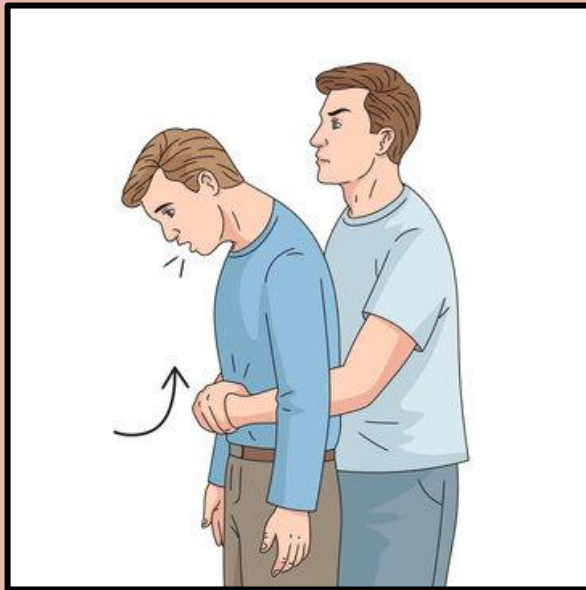
If the back blows don't clear the airway:

3. Do up to **5 abdominal thrusts** (previously known as the Heimlich)

- Stand behind the choking person (or kneel if helping a young child)
- Wrap your arms around their torso, from the back
- Make a fist with one hand and grab it with the other (stacking hands on each other)
- Place your fisted hands just above the belly button and below the ribcage
- Pull inward and upward on the diaphragm to expel the blockage (“J” shape)

If Someone is Choking

-Step 3-



If Someone is Choking

-Step 4-

If that still did not clear the airway:

4. Alternate 5 back blows followed by 5 abdominal thrusts until the airway is cleared

If an Infant is Choking

(less than one year old)

1. Hold the baby **face down** along the length of your arm or thigh (Keep head lower than their bottom)
2. Give **5 back blows** (same as regular)
3. Check the baby's mouth and remove any visible objects with a finger

If still choking:

4. Hold the baby **face up** along the length of your arm or thigh
5. Keep their head lower than their body and support their neck and head by cradling it in your hand
6. Place **2 to 3 fingers** on the breastbone (middle of the baby's chest)
7. Press 1 inch downward and upward ("J" shape) sharply up to **5 times**

Repeat 5 blows and 5 thrusts if still choking

If an Infant is Choking (less than one year old)

