

HEIMLICH MANEUVER[®]

TRAINING NOTES



FOR
TEENS AND ADULTS



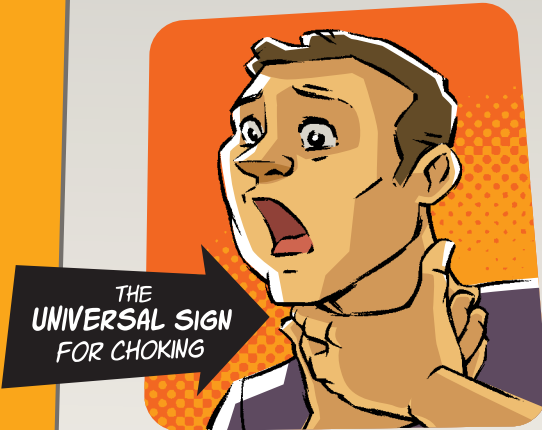
THINGS YOU'LL LEARN

- ✓ **RECOGNIZE** the signs of choking
- ✓ **HOW** and **WHEN** to perform the Heimlich Maneuver®
- ✓ Ways to **PREVENT** choking

AS WE AGE,
it's more difficult to
swallow. Most choking
victims are under five or
over the age of 70.

HOW DO YOU KNOW IF SOMEONE IS CHOKING?

ALWAYS
wash your hands after a
finger sweep; this prevents
transferring germs.*



THEY MAY BE CLUTCHING
THEIR THROAT.



THEY CAN'T
SPEAK.



THEY CAN'T COUGH
VERY HARD, IF AT ALL.



THEIR
FINGERNAILS
AND LIPS MAY BE
TURNING BLUE.



THEY MAY LOSE
CONSCIOUSNESS.

IF YOU THINK SOMEONE IS CHOKING:

- 1**
ASK
THE PERSON
IF THEY ARE
CHOKING.
- 2**
SHOUT
FOR HELP AND
TELL SOMEONE
TO CALL 911.
- 3**
BEGIN THE
HEIMLICH
MANEUVER.
- 4**
STOP
ONCE THE
OBJECT IS
DISLODGED.

DID YOU KNOW
that after four minutes
without oxygen, brain
damage can occur?

- 5**
TELL THE VICTIM TO GO TO THEIR DOCTOR; MAKE
SURE NO DAMAGE OCCURRED TO THEIR THROAT OR RIBS.



CHOKING HAZARDS FOR CHILDREN**

Hard foods like ice, nuts, raw vegetables, must be finely chopped. Marshmallows and nut spreads are difficult to swallow – only use as spreads on bread.

Never give a child under the age of three: popcorn, chewing gum, or hard candy.

Cut hot dogs and other round foods into four strips and then smaller bites.

Keep little ones away from small objects such as: coins, loose buttons, crayon pieces, game pieces, batteries, and uninflated balloons.

Toys less than 1 inch long or 1.5 inches in diameter should be kept out of reach.

DID YOU KNOW
the average 911 response
time is 11 minutes?

DEFINITION:

Aspiration pneumonia can occur when food, saliva, liquids, or vomit are breathed into the lungs or airways leading to the lungs, and not swallowed into the esophagus and stomach.

Preceding information from the Heimlich Institute. Additional sources includes: * White, Lois; et al (2010). Foundations of Basic Nursing. Cengage Learning, pp. 787, 790. ** Boyles, Salynn, (2010). Hot Dogs, Marshmallows, Candy Choking Kids.

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THE HEIMLICH MANEUVER®

LEARN TO SAVE A LIFE!

1

FROM BEHIND, WRAP YOUR ARMS AROUND THE CHOKING VICTIM'S WAIST.

2

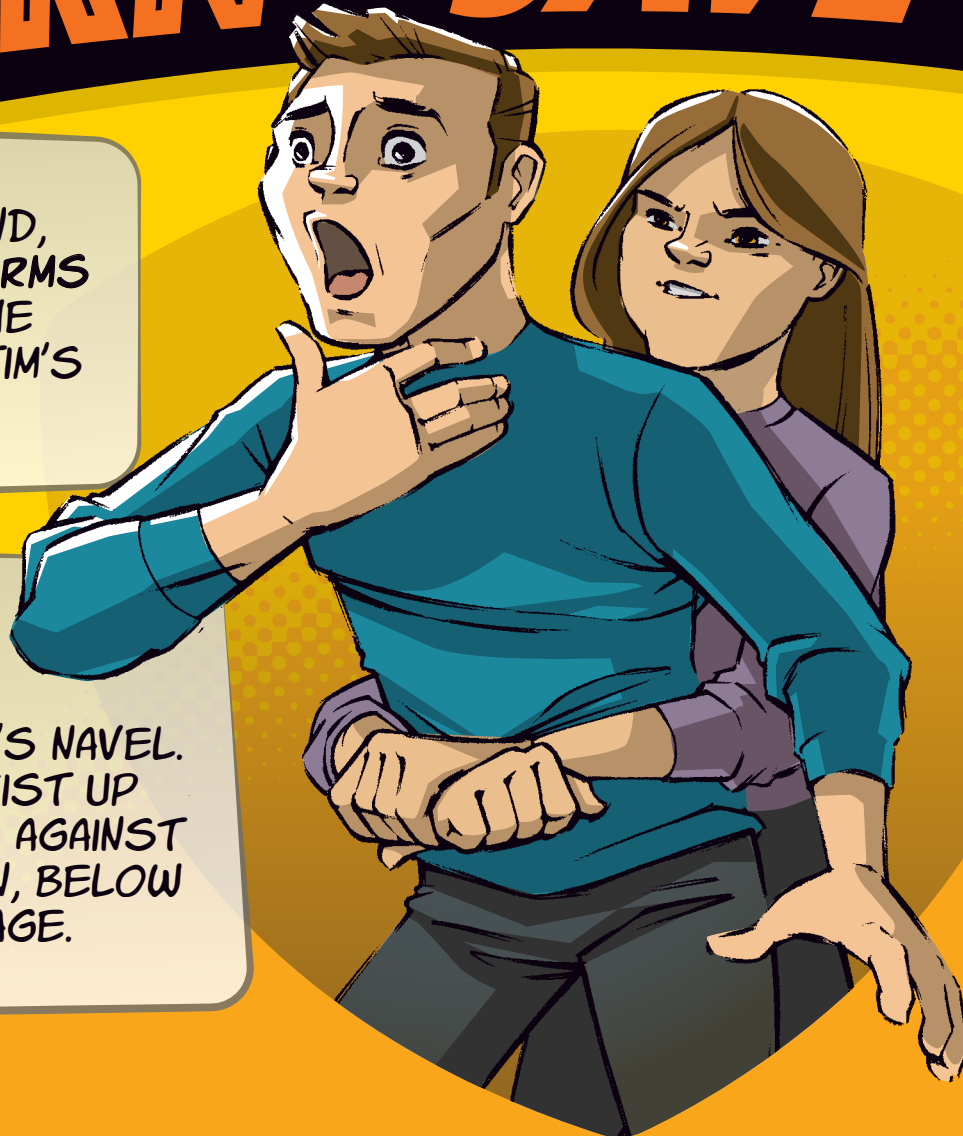
MAKE A FIST WITH PINKY SIDE ON VICTIM'S NAVEL. ROLL YOUR FIST UP UNTIL THUMB IS AGAINST THEIR ABDOMEN, BELOW THE RIBCAGE.

3

WRAP YOUR OTHER HAND AROUND THE FIST AND WITH A QUICK UPWARD THRUST, SQUEEZE IN AND UP ON THE DIAPHRAGM.

4

FORCING AIR FROM LUNGS ALLOWS ANY OBSTRUCTION TO DISLODGE. REPEAT THRUSTS UNTIL THE OBJECT IS EXPELLED.



MORE LIFE-SAVING OPTIONS

TO SAVE YOURSELF



1 POSITION YOUR UPPER ABDOMEN AGAINST THE EDGE OF A TABLE, OR BACK OF CHAIR.

2 PRESS YOUR UPPER ABDOMEN AGAINST THE TABLE OR CHAIR BACK WITH A QUICK, UPWARD THRUST.

3 REPEAT THRUSTS UNTIL THE OBJECT IS EXPELLED.

TO SAVE AN UNCONSCIOUS PERSON

1
CALL
911!



2 LAY THE VICTIM ON THEIR BACK. FACING THEM, KNEEL OVER THE HIPS.

3 FIND THEIR DIAPHRAGM WITH THE HEEL OF YOUR HAND. PLACE YOUR SECOND HAND ON TOP OF THE FIRST – TWO HANDS FLAT ABOVE THE NAVEL, BELOW THE RIBCAGE.

4 STEADY YOURSELF. USING YOUR BODY WEIGHT, PRESS INTO THE VICTIM'S ABDOMEN WITH QUICK UPWARD THRUSTS UNTIL OBJECT HAS DISLODGED.

5 ROLL VICTIM TO THE SIDE TO PREVENT ASPIRATION.

TO SAVE AN INFANT



1 HOLD THE CHILD ON YOUR LAP FACING AWAY FROM YOU.

2 PLACE YOUR MIDDLE AND INDEX FINGERS OF BOTH HANDS BELOW THE CHILD'S RIBCAGE AND ABOVE THE NAVEL.

3 PRESS INTO THE CHILD'S ABDOMEN WITH QUICK, BUT GENTLE, UPWARD THRUSTS UNTIL OBJECT IS EXPELLED.

4 DO A QUICK FINGER SWEEP OF THE CHILD'S MOUTH TO HELP AVOID ASPIRATION.

OPTION: USE SAME TWO FINGER METHOD WITH POSITION OF UNCONSCIOUS PERSON.

