



FIRST AID FOR CHOKING

*WHEN A CHOKING VICTIM CANNOT SPEAK,
TURNS BLUE, OR COLLAPSES, THE RESCUER
MUST ACT QUICKLY.
(VICTIM CAN DIE IN FOUR (4) MINUTES)*

VICTIM - STANDING OR SITTING (THE HEIMLICH MANEUVER)



Maneuver behind victim and wrap your arms around victims waist.



Allow victims head, arms, and upper torso to hang forward.



Make a fist, grasp fist with other hand.



Place a fist against victims abdomen below rib cage slightly above naval.



With quick upward thrust, press your fist forcefully into victims abdomen.



Repeat several times if necessary.



MIAMI VALLEY FIRE DISTRICT
2710 Lyons Rd
Miamisburg, OH 45342
Fire Headquarters/non-emergency
937-560-2152
www.miamivalleyfiredistrict.org
e-mail: emsfire@miamivalleyfiredistrict.org