

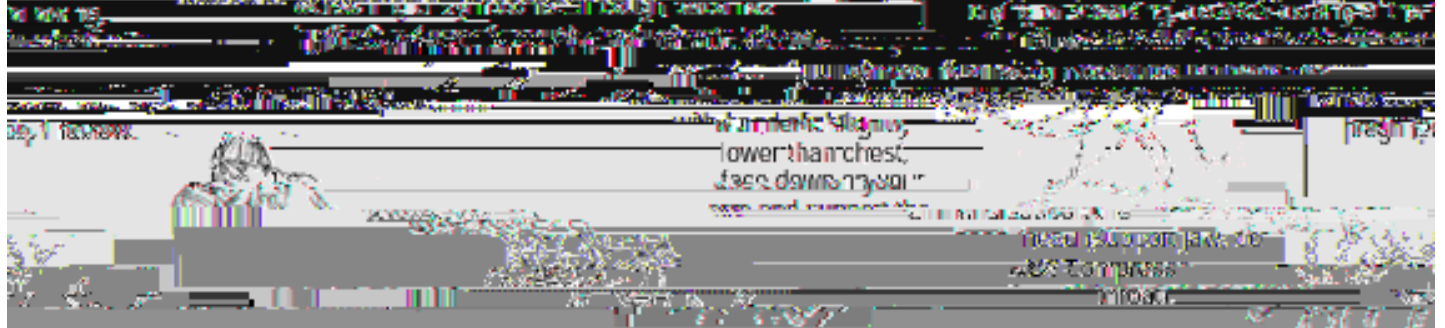
CHOKING (CONSCIOUS VICTIM)

CALL 911

MEASUREMENTS

CHILDREN 17 YEARS & ADULTS

For the 1st and 2nd attempts, use the heel of your hand. For the 3rd attempt, use the fist. For the 4th attempt, use the heel of your hand. For the 5th attempt, use the fist. For the 6th attempt, use the heel of your hand. For the 7th attempt, use the fist. For the 8th attempt, use the heel of your hand. For the 9th attempt, use the fist. For the 10th attempt, use the heel of your hand.



1. Stand behind the victim. Place your feet on either side of the victim's feet. Bend your knees and lean forward. Place your fist between the victim's knees, with your thumb pointing up towards the navel. Place your other hand over your fist.



EAT STEPS 1-3 UNTIL OBJECT IS DISLODGED. 4. RESP

SCHOOL ADDRESS: _____