

What is the Heimlich manoeuvre?

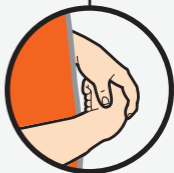
- 1 Stand behind the person and lean him slightly forward.



- 2 Put your arms around the person and make a fist with one hand.



- 3 Place your fist near the top of his abdomen, just below the centre of the rib cage. Place your other hand over your fist and lock tight.



- 4 Make a quick, hard movement inward and upward. This will create pressure in the chest area, which will compress the lungs. As with an artificial cough, this will force air out of the windpipe and help to dislodge the food item stuck in the airway.

