

## Relieving Choking in Adults and Children Over 1 Year of Age

Use abdominal thrusts (the Heimlich maneuver) to relieve choking in adults and children over 1 year of age. Do not use abdominal thrusts to relieve choking in infants.<sup>54</sup>

Give each individual thrust with the intent of relieving the obstruction. It may be necessary to repeat the thrust several times to clear the airway.<sup>55</sup>

### Foundation Facts: Complications From Abdominal Thrusts

Abdominal thrusts may cause complications, such as damage to internal organs.<sup>56-64</sup> A victim who has received abdominal thrusts should be examined by a healthcare provider to rule out any life-threatening complications.

## Abdominal Thrusts With Victim Standing or Sitting

Follow these steps to perform abdominal thrusts on a responsive adult or child who is standing or sitting:

Step	Action
1	Stand or kneel behind the victim and wrap your arms around the victim's waist (Figure 39).
2	Make a fist with one hand.
3	Place the thumb side of your fist against the victim's abdomen, in the midline, slightly above the navel and well below the breastbone.
4	Grasp your fist with your other hand and press your fist into the victim's abdomen with a quick upward thrust.
5	Repeat thrusts until the object is expelled from the airway or the victim becomes unresponsive.
6	Give each new thrust with a separate, distinct movement to relieve the obstruction. <sup>65,66</sup>

**Figure 39.** Abdominal thrusts (Heimlich maneuver) with victim standing.

