



State of New Mexico
HEALTH and SOCIAL SERVICES DEPARTMENT

STATE HEALTH AGENCY

725 Saint Michael's Drive, Santa Fe, New Mexico 87503

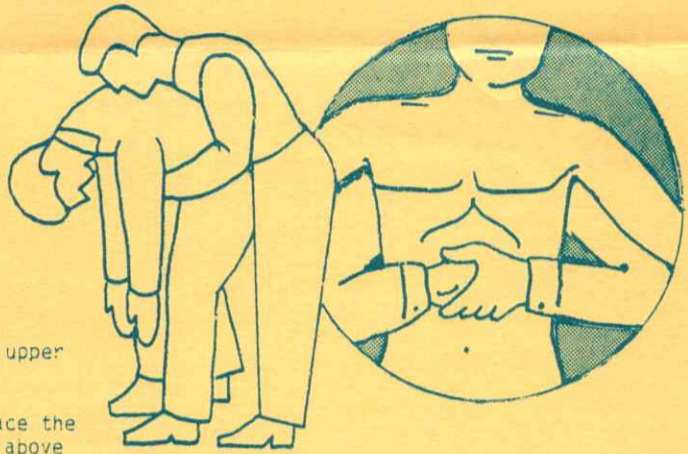
In New Mexico, from 1970-75, there were 223 deaths from choking and suffocation.

A person choking on food will die in 4 minutes - You can save a life using the

HEIMLICH MANEUVER

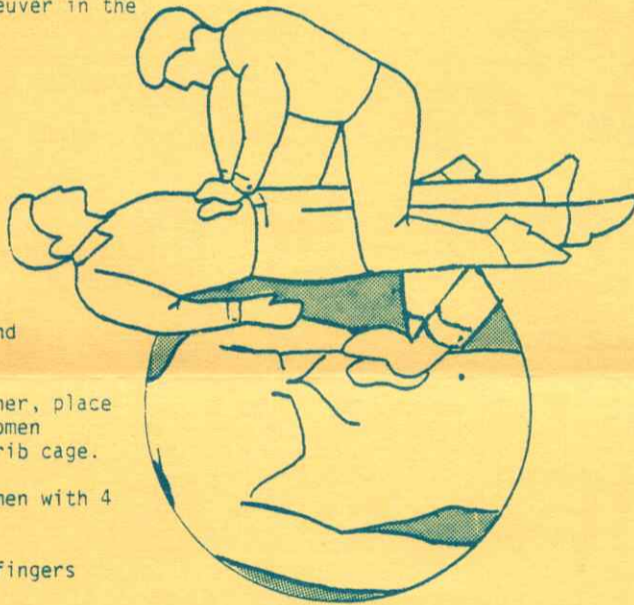
RESCUER STANDING Victim standing or sitting

- 4 sharp blows rapidly and forcefully to the spine between the shoulder blades. If this does not dislodge the object, begin the HEIMLICH MANEUVER.
- Stand behind the victim and wrap your arms around his waist. Allow his head, arms and upper torso to hang forward.
- Grasp your fist with your other hand and place the fist against the victim's abdomen, slightly above the navel and below the rib cage.
- Press your fist forcefully into the victim's abdomen with 4 quick upward thrusts.
- When the victim is sitting, the rescuer stands behind the victim's chair and performs the maneuver in the same manner.



RESCUER KNEELING Victim lying face up

- Victim is lying on his back.
- Facing victim, kneel astride his hips and turn his head to the side.
- With one of your hands on top of the other, place the heel of your bottom hand on the abdomen slightly above the navel and below the rib cage.
- Press forcefully into the victim's abdomen with 4 quick upward thrusts.
- If victim vomits, clear his mouth with fingers while his head is turned to the side.



● **SEEK MEDICAL HELP**

● **CALL AN AMBULANCE**

● **FOR 24 hr HELP, CALL**



New Mexico Crisis Center 1-800-432-6866

(TOLL FREE)