

HOW TO SAVE YOURSELF FROM CHOKING

1 Try to talk.

If you can talk or are able to vocalize in any way, or if you make a sound when coughing, your airway is not completely blocked and you are not in imminent danger of death. Keep coughing to dislodge the stuck material. If you cannot make any sounds, you will need to perform the one-person Heimlich maneuver.



Drop onto a blunt object six inches above your navel to force air up your windpipe.

2 Quickly locate a blunt object at waist level.

If you are indoors, find a chair, table, counter, or other piece of furniture; if you are outside, look for a tall tree stump, fence, ledge, or large rock.

3 Face the object.

4 Bend over the object.

Lean so that the object touches your body six inches above your navel.

5 Fall.

Let yourself drop forward hard and fast onto the object. This movement should force the air up your windpipe and eject the item that is blocking your airway.