

Heimlich Maneuver

When someone is choking, performing the Heimlich maneuver can dislodge the object and save their life. To do this, make a fist with one hand. Next, place your fist just above their belly button with your thumb knuckle facing in against their body. Now take your other hand and place it over your fist for support. Then hard and quick, pull in and squeeze upwards. Pretend as if you're trying to bury your fist into their stomach and then wedge it underneath their rib cage, while giving the biggest bear hug you can muster. Do this as many times as you need to until whatever they are choking on pops out. Find a friend and practice this technique, so you know how to do it in a real emergency. Be gentle with your partner in practice, but in real life, do it as hard as you can. You just might end up saving someone's life!

