




first aid for the...
Choking Victim
 The HEIMLICH MANEUVER



with the VICTIM STANDING or SITTING

- Stand behind the victim and wrap your arms around his waist.
- Place the thumb side of your fist against the victim's abdomen, slightly above the navel and below the rib cage.
- Grasp your fist with the other hand and press your fist into the victim's abdomen with a QUICK UPWARD THRUST. Repeat as often as necessary.
- If the victim is sitting, stand behind the victim's chair and perform the maneuver in the same manner.
- After food is dislodged, have the victim seen by a doctor.

when the VICTIM HAS COLLAPSED and CANNOT BE LIFTED

- Lay the victim on his back.
- With one hand 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 into the victim's abdomen with a QUICK UPWARD THRUST. Repeat as often as necessary.
- Should the victim vomit, quickly place him on his side and wipe out his mouth to prevent aspiration (drawing of vomit into the throat).
- After the food is dislodged, have the victim seen by a doctor.

WHAT TO LOOK FOR The victim of food-choking:

- Cannot Speak or Breathe
- Turns Blue
- Collapses





note: If you start to choke when alone and help is not available, an attempt should be made to self-administer this maneuver.

HEIMLICH MANEUVER

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Heimlich

first aid for the...
Choking Victim
 * The GUGGENHEIMLICH MANEUVER

when the VICTIM is STANDING or SITTING

Use architectural models.
 When necessary, threaten violence.

WHAT TO LOOK FOR The victim of overwhelming architecture

- Cannot articulate ideas
- Turns blue
- Collapses in museum cafeteria

note: If you start to choke when alone and help is not available, an attempt should be made to self-administer this maneuver.

UNIVERSAL SIGN FOR "I'M GOING TO PUNCH YOU"

UNIVERSAL SIGN FOR AESTHETIC DISCOMFORT

when the VICTIM HAS COLLAPSED and CANNOT BE REVIVED

Begin with Frank Lloyd Wright design and proceed chronologically through subsequent designs.

when the VICTIM is YOU

Make every effort to apply the maneuver to yourself. Spend time with books to self-induce the maneuver.

FORCE IMAGE OF MUSEUM INTO POCKET OR LABEL

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Unheimlich