

A man in a dark blue polo shirt is performing a Heimlich maneuver on a woman. He is standing behind her, leaning over her, with his hands wrapped around her waist. The woman is wearing a green and white striped shirt and has her mouth open. The background is a blurred outdoor setting with trees and a fence.

Choking (The 5 & 5 Approach)

- **5 BACK BLOWS:**

Bend the person over at the waist with their upper body parallel to the ground. Deliver 5 blows between their shoulders with the heel of your hand.

- **5 ABDOMINAL THRUSTS (HEIMLICH MANEUVER)**

Stand behind the person and wrap your arms around their waist. Slightly above the person's navel, press hard and quickly with your hand in a fist until the item is dislodged.

