



American
CPR Care Association
SAVING LIVES ONE COURSE AT A TIME

All About The Heimlich Maneuver: Is It Effective?

Heimlich Maneuver can fail. It bears no 100% success, but certified CPR and First Aid trainers still recommend it.

Then, how do you know it's the right time to perform the Heimlich Maneuver on someone?

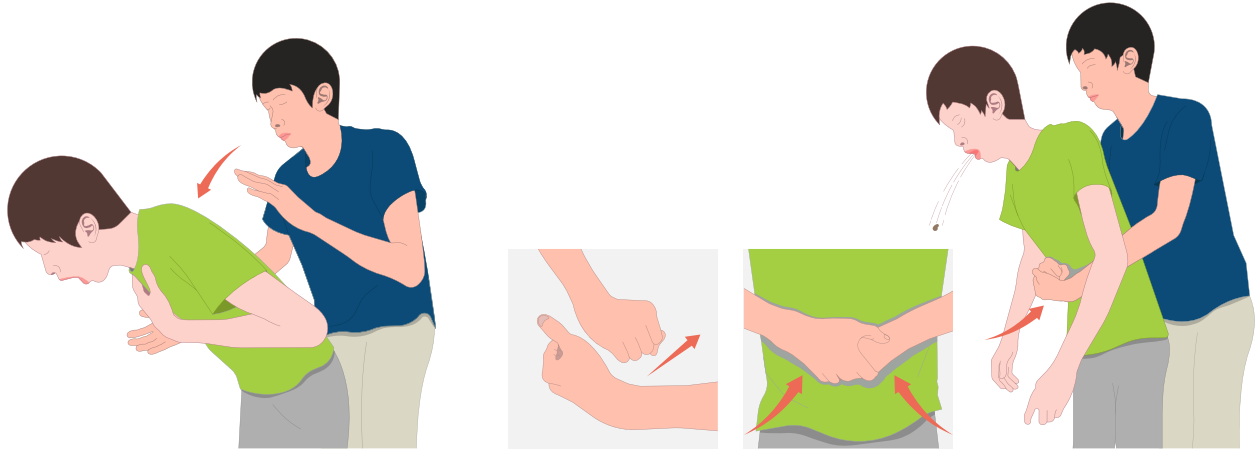


ACT when you see:

1. A person cannot breathe, talk, move, cough, or speak.
2. The victim makes high-pitched sounds and wails around like they are about to pass out.
3. Lips and fingers might start turning blue.
4. The victim grabbing their neck - a universal sign of choking.

But... that's not enough.

Fact: American Heart Association (AHA) in 2006 replaced Heimlich Maneuver with Abdominal Thrusts. The guidelines now advise individuals to perform "five and five" maneuvers. Source: www.psu.edu



As per the current guidelines, you must give 5 back blows and then 5 abdominal thrusts. This cycle should be continued until the object is dislodged from the patient's throat.

What's The Point Of The Heimlich Maneuver Then?

As per the NCBI report and case study, it's proven that Heimlich Maneuver is a quick and inexpensive technique to improve the survival chance of patients out of the hospital and with limited care available. When you are alone or with no one around, and the patient is losing consciousness, it's the best option to try before calling 911 immediately.

Source: <https://www.ncbi.nlm.nih.gov/books/NBK531467/>

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