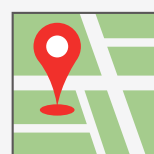


CALL EMERGENCY SERVICES



CONSULT YOUR LOCAL DIRECTORY

GIVE L.I.F.E



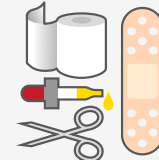
LOCATION



INJURY



FIRST AID
GIVEN



EQUIPMENT
USED

SHARE ABOVE INFORMATION WHEN
SPEAKING TO EMERGENCY SERVICES

APPLY 5 & 5

5 BACK BLOWS



LEAN PERSON FORWARD



SUPPORT THE CHEST

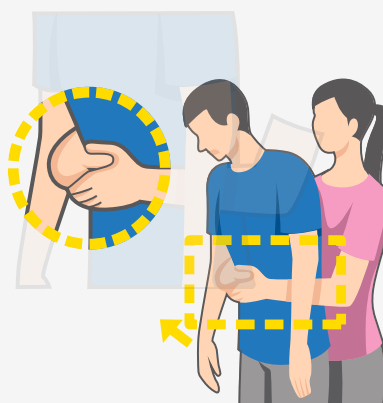


GIVE 5 QUICK BLOWS WITH HEEL OF HAND
CHECK TO SEE IF BLOCKAGE IS RELIEVED

5 INWARD & UPWARD THRUSTS



LEAN PERSON FORWARD



WRAP ARMS AROUND WAIST
MAKE A FIST AND GRAB IT



GIVE 5 QUICK INWARD AND
UPWARD THRUSTS

REPEAT UNTIL CLEARED



5 BACK BLOWS



5 INWARD AND UPWARD THRUSTS



WAIT FOR HELP TO ARRIVE

REMEMBER IF THE PATIENT FALLS UNCONSCIOUS START CPR

