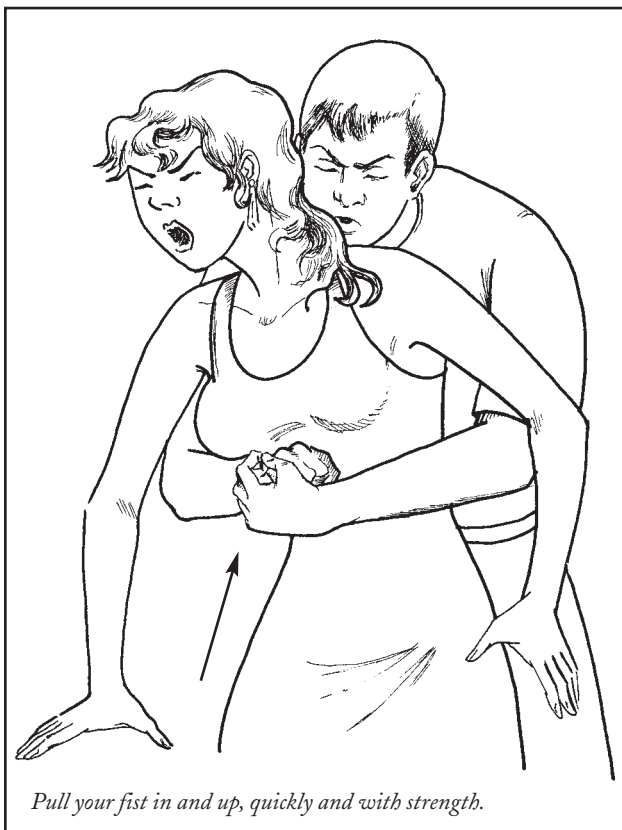# HOW TO SAVE YOUR DATE FROM CHOKING

1 **Speak firmly.**
Keep your voice low and your sentences short. All communications should be in the imperative. Explain that you are going to perform the Heimlich maneuver.

2 **Tell your date to stand up and stay put.**

3 **Hug your date from behind.**
Put your arms around your date and make one hand into a fist.

4 **Place your fist in your date's solar plexus.**
The solar plexus is the first soft spot in the center of the body, between the navel and the ribs.

5 **Place your other hand, palm open, over your fist.**

6 **Tell your date to bend forward slightly.**
If your date does not respond, push on the upper back and repeat, "Lean forward."

7 **Pull your fist in and up.**
Use force and a quick motion. This will push out the residual lung gas under pressure, clearing any obstructions from the trachea.

WORST-CASE SCENARIO®

8 | **Repeat steps 3 through 7 several times if choking persists.**

9 | **After several unsuccessful attempts, instruct your date to bend over the back of a chair.**
The top of the chair should be at the level of your date's hips.

Pull your fist in and up, quickly and with strength.

Strike your date between the shoulder blades with the heel of your open hand.

10 | **Strike your date between the shoulder blades with the heel of your open hand.**
The blow generates gaseous pressure in a blocked airway and, with a head-down position, sometimes works when the Heimlich does not.

Be Aware
- If the choking is noiseless—or if your date raises her hands to her throat—then the air passage may be completely blocked and you must proceed quickly.
- If your date is coughing or gagging, you simply need to be polite, smile sympathetically, and offer water when the choking is over. Water does nothing for choking, but it gives the choker some time to regain dignity.
- In most cases, the first thrust of the Heimlich maneuver will dislodge the choked item from the trachea. Once the choking is over, your date will need some time to recover: a sip of brandy, a quiet moment. Do not rush your date to the emergency room; in most cases, there is no need to go to the hospital after the blockage has been removed.

WORST-CASE SCENARIO®