

First Aid for Hospitality Infographic

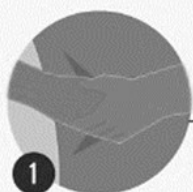
HOW TO GIVE FIRST AID

Medical emergencies can arise with no warning. Even when first responders are on the way, your actions can help save a life.

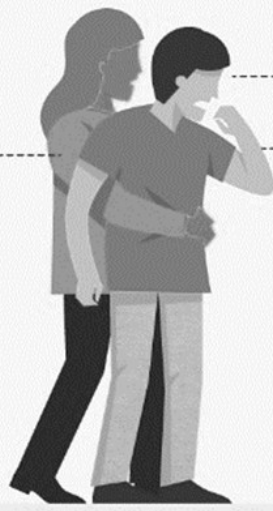


WHEN SOMEONE IS CHOKING

ABDOMINAL THRUSTS (HEIMLICH MANEUVER)



1
Make quick thrusts upward and inward with your fist.



DON'T ACT if the person is able to cough.



DON'T MAKE SWEEPS with your finger in attempts to dislodge an object unless you can see it.

IF THE PERSON IS...

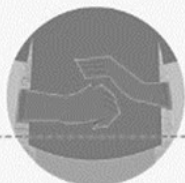
SITTING OR STANDING



Position yourself behind the person. For children, you may have to kneel.



Reach around the waist.



Place your fist, thumb-side in, above the belly button.

LYING DOWN



Straddle the person facing the head.



Place your grasped fist above the belly button.

CHOKING AND ALONE



Use the back of a chair or your fist to perform abdominal thrusts.

Source: <https://lemonly.com>