

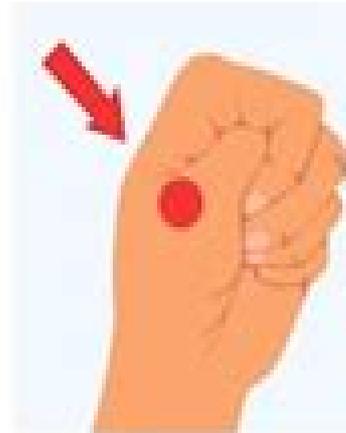
# Heimlich maneuver



1. Shock due to suffocation



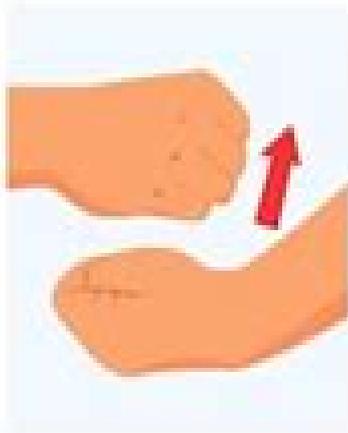
2. Stand behind the person



3. Make a fist with one hand



4. Impact area



5. Example of hand position



6. Press firmly on the victim's abdomen



7. Bend your elbows sharply



8. Perform the maneuver 5 times until the object is cleared from the airway.

# First Aid

**Lingsheng Yao**



**First Aid:**

## The Enigmatic Realm of **First Aid**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **First Aid** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect on the hearts and minds of those who partake in its reading experience.

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