

Following Written Instructions

When following written instructions you should:

- ◆ do the steps in the correct order (1-2-3 or a-b-c)
- ◆ zero in on the action words

action words

Also called verbs. These words tell you what to **do**. Examples:

sit, run, wait, stir, measure

Here is a description of how to perform the Heimlich Manoeuvre on someone who is choking. Read the instructions. Underline the action word (verb) in each step that tells **you** what you are to **do**.

To Help Someone Who Is Choking

1. Ask the person if he is choking. (If he puts his hands to his throat, looks frightened and cannot answer, he is probably choking.)
2. Stand behind the victim.
3. Put one foot between the victim's feet.
4. Wrap one of your arms around the victim.
5. Make a fist with one hand.
6. Place your fist just slightly above his belly button.
7. Place your other hand directly on top of the first.
8. Squeeze the victim's abdomen in quick upward thrusts as many times as it takes to dislodge the object in his windpipe.



from: <http://www.firstaidweb.com/choking.php>