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“primeros auxilios”



**Tú puedes salvar  
una vida**

**Primeros  
Auxilios**

# MANIOBRAS DE HELMLICH

## 1 SI LA VICTIMA ES UN ADULTO:



- 1 .stand behind him
2. Place a fist just above the person's navel and below the ribs, with the thumb against the abdomen.
3. Cover the fist with the other hand and press in and up on the abdomen with enough force to lift the victim's feet off the ground.

## 2 SI LA VICTIMA ES UN BEBE



1. If it is an infant (under two years old), place it on its arm, face down, using the thigh as support. Support the small chest with the hand and the jaw with the fingers, keeping the head lower than the rest of the body. Of 5 strong and fast blows between the shoulder blades, with the base of the palm of the other hand.

## 3 SI LA VICTIMA ES UN NIÑO



1. If it's a boy, kneel behind him and perform the same maneuver but without pressing hard enough to lift him off the ground.

## 4 SI LA VICTIMA ESTA INCONCIENTE



1. Position yourself on the legs of that one and place the palm of the hand between the ribs and the navel, putting one hand on the other, and exert pressure with the weight of your body.
2. Once the object has been evicted and the victim can breathe, they should immediately seek medical attention.

## 5 SI LA VICTIMA ESTA EMBARAZADA



1. If it is not possible to hug her, apply pressure to the middle of the sternum from behind the victim. If the pressure does not eject the object support the woman's chest with one hand and hit her on the back with the other hand.

## 6 SI SE ENCUENTRA SOLO



1. Place the fist over the navel while holding the fist with the other hand
2. lean over a chair or counter and bring your fist to yourself with force and pressing up.