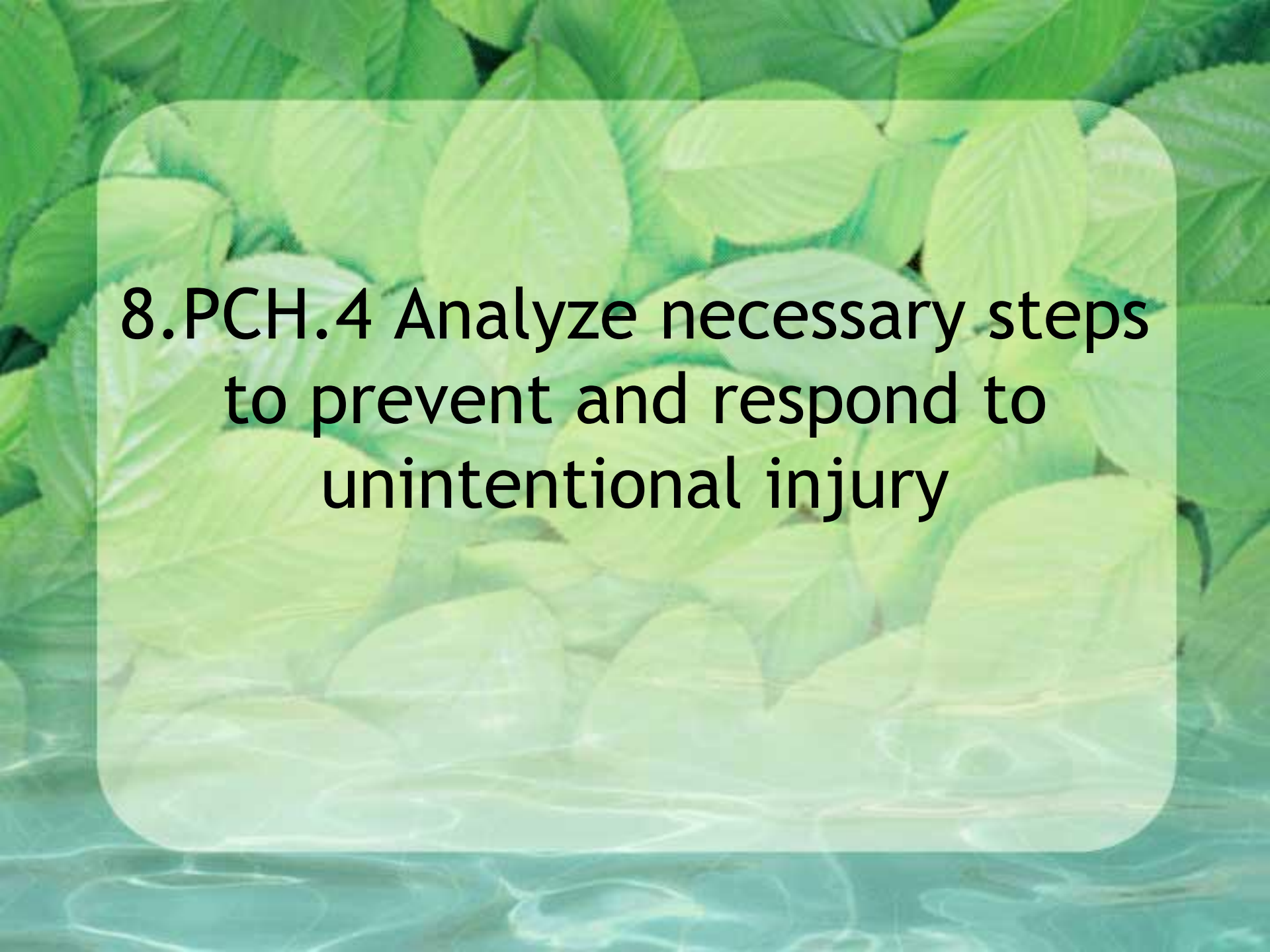


Essential Questions

- How do you know if a person is choking?
- What is the universal choking sign?
- What are the steps to airway obstruction removal on a conscious victim?
- What are the steps to airway obstruction removal on an unconscious victim?

The background of the slide features a dense pattern of vibrant green leaves, likely basil, with visible veins. At the bottom, there are soft, circular ripples in a light blue-green color, suggesting water. A semi-transparent white rounded rectangle is centered on the page, containing the text.

**8.PCH.4 Analyze necessary steps
to prevent and respond to
unintentional injury**

The background of the slide features a dense pattern of vibrant green leaves, likely from a tree or shrub, with prominent veins. Below the leaves, there are soft, circular ripples in a light blue-green color, suggesting water. The overall aesthetic is fresh and natural.


8.PCH.4.1 Execute the Heimlich maneuver on a mannequin.

What is a Good Samaritan law?

- Law explained
- What is it?


Statement of Objectives:

You have seen how airway obstruction removal works. By the end of the next several lessons you will be able to perform this technique and demonstrate basic CPR techniques and procedures on a mannequin, and learn the skills required to pass an American Red Cross or American Heart Association approved test of CPR skills.




How do you know if a person is choking or having difficulty breathing?

- A victim may make high-pitched noises or turn red when the airway is partially obstructed. If there is a complete obstruction the victim may be unable to breathe, speak, or cough, and may turn blue around the mouth.



What is the universal distress signal?

- If a person grasps his throat between his fingers and thumb, this means he needs help and you should call 911.




What is the name of the method used to alleviate choking?

- formerly known as Heimlich, now is referred to as abdominal thrusts



Why does this technique work to help a choking victim?

- dislodges and expels the obstruction
- The American Red Cross changed its recommendation in 2006, ending the promotion of abdominal thrusts as the primary treatment for choking.
- The Heimlich maneuver is no longer the recommended standard. Back blows followed by abdominal thrusts, is the current first aid standard for victims of choking



What happens if the airway is obstructed for a long period of time?

- *person* loses consciousness and after an extended period of lack of oxygen, brain damage and can lead to cardiac arrest

Focus:

- *What method is used to alleviate choking?*
- *Why does this technique work to help a choking victim?*
- *What happens if the airway is obstructed for a long period of time?*

- How To Perform the Heimlich Maneuver (Abdominal Thrusts)



How to Save a Choking Victim with the Heimlich Maneuver

Airway Obstruction Removal

- **How to recognize:**
- A choking emergency can be recognized as a partial obstruction (high-pitched noises, ineffective coughing, turning red in the face) or as a complete obstruction (inability to speak, cough, or breathe; turning blue around the mouth).
- A conscious choking person may give the universal distress signal (grasping throat between fingers and thumb).
- In an unconscious person, attempts to breathe air into the lungs will be unsuccessful.
- If unable to get air into an unconscious person, the rescuer should always re-tilt and attempt again before assuming a choking

What to do for a conscious choking victim?

- AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT.

GIVE 5 BACK BLOWS

- Bend the person forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.



GIVE 5 ABDOMINAL THRUSTS

- Place a fist with the thumb side against the middle of the person's abdomen, just above the navel.
- Cover your fist with your other hand.
- Give 5 quick, upward abdominal thrusts.



CONTINUE CARE

- Continue sets of 5 back blows and 5 abdominal thrusts until the:
 - Object is forced out.
 - Person can cough forcefully or breathe.
 - Person becomes unconscious.

WHAT TO DO NEXT IF THE PERSON BECOMES UNCONSCIOUS—CALL

- 9-1-1, if not already done, and give care for an unconscious choking adult, beginning with looking for an object (PANEL 5, Step 3).

The background of the slide features a dense pattern of vibrant green leaves, likely from a tree, with visible veins and serrated edges. Below the leaves, there are soft, circular ripples in a light blue-green color, suggesting water. The entire scene is overlaid with a semi-transparent, rounded rectangular frame in a pale green hue.

Video

[American Red Cross Video](#)

Unconscious Choking Victim

- AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

GIVE RESCUE BREATHS

- Retilt the head and give another rescue breath.
- Do two rescue breaths into the barrier each lasting about 1 second.
 - If too much air is forced into the lungs it will go into the stomach and cause the victim to throw up.
 - This is normal and resume operations.
 - When the victim throws up turn him on his side and let vomit come out and clean the mouth out with your finger to prevent choking later.

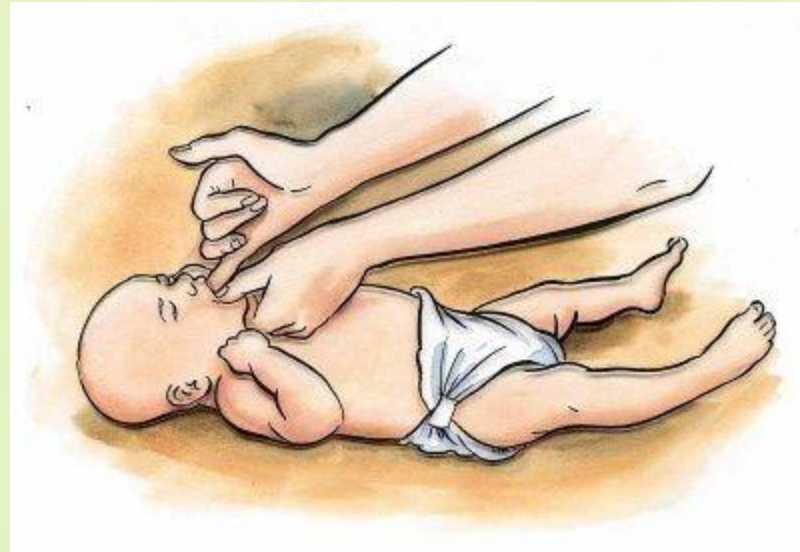


GIVE 30 CHEST COMPRESSIONS

- If the chest still does not rise, give 30 chest compressions.
- TIP: Person must be on firm, flat surface. Remove CPR breathing barrier when giving chest compressions.



LOOK FOR AND REMOVE OBJECT IF SEEN



WHAT TO DO NEXT

- IF BREATHS DO NOT MAKE THE CHEST RISE—Repeat steps
- IF THE CHEST CLEARLY RISES—CHECK for breathing. Give CARE based on conditions

Follow-up Care:

- The victim needs follow-up care even if resuscitation is successful. Be certain the person is seen by the emergency medical personnel or a physician.

Video

- [American Red Cross Video](#)

The Heimlich maneuver is demonstrated in the **How to Help a Choking Victim** video. Some of the major points addressed include the following:

1. An airway is only partially blocked if the victim can breathe, cough, or talk. Encourage them to cough up the object.
2. An airway is completely blocked if the victim can't speak or cough. Call for 911 and start the Heimlich maneuver as demonstrated in the video.
3. If the victim passes out, gently lower the person to the floor and check for breathing. If the person isn't breathing, follow the sequence of applying breaths, thrusts, and "sweeps" described in the video.

The Heimlich maneuver can also be applied to yourself. Demonstrate this technique to students in addition to the techniques seen on the video. The following is a brief description of the process:

1. Make a fist and place the thumb side of your fist below your ribcage and just above your navel.
2. Grasp your fist with your other hand and press into your upper abdomen with a quick upward thrust.
3. Repeat this until you are able to expel the object.
4. You can also use a chair, table edge, or railing to provide quick upward thrusts to your abdomen.

Resource

- www.heimlichinstitute.org/howtodo.html





Safety **All Safe™**

Work Sheet

No Choking

- 5) Follow this sequence for a choking victim who has passed out.
- "Sweep" for objects, give 2 full breaths and 5 abdominal thrusts.
 - Give 5 abdominal thrusts, "sweep" for objects, then 2 full breaths.
 - Give 2 full breaths, 5 abdominal thrusts, and "sweep" for objects.
 - Give 2 full breaths, "sweep" for objects, and 5 abdominal thrusts.



- **Key to work sheet, “No Choking”**

1. b

2. d

3. c

4. a

5. c

The Hero in All of Us

Heroes walk among us, and thankfully so. Not all of them wear a uniform, either—many are just regular people who have gotten trained in first aid and CPR/AED.

Although many people don't think they will get the chance to use their training, more than a quarter of respondents in a Red Cross survey said they have been in a situation where someone may have needed CPR.

Julia Bylow, Karl Knutsen and Mike James know this situation firsthand. All three work at East Union High School in Manteca, Calif., and one day they worked together to save another colleague, Sue Bloodgood.

Bloodgood was in cardiac arrest, and the trio kept her alive with CPR until paramedics arrived. Bylow, Knutsen and James were all honored by the American Red Cross recently for their lifesaving actions. The three received the Certificate of Merit, which is signed by the President of the United States and is the highest honor the Red Cross bestows.

As Knutsen received his award, he encouraged others to get trained. "It's a technique, a tool. You give up three to four hours (in training time). We need to help (the Red Cross) because they help us," he said.

Not Yet a Teenager, Already a Lifesaver

Kiara Barry also numbers among those who have used their training to save a life. In the 10-year-old's case, it was Emily Barry—her mother—who needed help.

One evening while she was preparing dinner, Emily Barry began to choke on some candy. After gesturing to her younger daughter, Isabelle, that she was choking, the little girl ran to get Kiara.

"She didn't question me ... she just came right up and [rescued me] ... she knew absolutely what to do and I am proud of her," said Emily Barry of Kiara's quick reaction.

Kiara learned this technique, along with other basic first aid and CPR skills, through a class based on the Red Cross GuardStart program. GuardStart is a pre-lifeguarding (junior lifeguarding) program for youth, and teaches them about injury prevention, emergency response, physical fitness, professionalism and leadership.

To get trained in first aid and CPR/AED, or to learn about other courses the Red Cross offers, go to:

<http://www.redcross.org/portal/site/en/menuitem.d8aaecf214c576bf971e4cfe49181aa0/?vgnnextoid=58d51a59f1c97110VgnVCM1000009481a10aRCRD&vgnnextfmt=default&gclid=CLjDj...j-7ACF0gGnQodrH1Y7A> and find your local chapter.

Teacher Background Information

Choking - adult or child over 1 year

<http://www.nlm.nih.gov/medlineplus/ency/article/000049.htm>

Choking is when someone can't breathe because food, a toy, or other object is blocking the airway (throat or windpipe).

Considerations

A choking person's airway may be completely or partially blocked, so that not enough oxygen reaches the lungs. A complete blockage is a medical emergency. A partial blockage can quickly become life threatening if the person cannot properly breathe in and out.

Without oxygen, permanent brain damage can occur in as little as 4 - 6 minutes. Rapid first aid for choking can save a life.

Occasionally an object will enter the lung. While the person may appear to improve and breathe normally, in a few days symptoms may develop, such as:

- Persistent cough
- Pneumonia
- Wheezing

Causes

- Eating too fast, failing to chew food well enough, or eating with improperly fitted dentures
- Drinking alcohol (even a small amount of alcohol affects awareness)
- Being unconscious and breathing in vomited material
- Breathing in small objects
- Injury to the head and face (swelling, blood, or a deformity can cause choking)

Symptoms

The universal distress signal for choking is grabbing the throat with the hand.

Other danger signs include:

- Bluish skin color
- Difficulty breathing
- Inability to speak
- Loss of consciousness if blockage is not cleared
- Noisy breathing or high-pitched sounds while inhaling
- Weak, ineffective coughing

First Aid

How to perform abdominal thrusts, formerly known as Heimlich maneuver:

- (1) First ask, "Are you choking? Can you speak?" DO NOT perform first aid if the person is coughing forcefully and able to speak -- a strong cough can dislodge the object.
- (2) Bend the victim over at the waist and perform 5 back blows. If that doesn't work, stand behind the person and wrap your arms around the person's waist.
- (3) Make a fist with one hand. Place the thumb side of your fist just above the person's navel, well below the breastbone. Grasp the fist with your other hand. Make 5 quick, upward and inward thrusts with your fist.

Repeat the 5 back blows and 5 abdominal thrusts until the object is dislodged or the victim loses consciousness.

IF THE PERSON LOSES CONSCIOUSNESS

- (1) Lower the person to the floor.
- (2) Call 911 or the local emergency number or tell someone else to do so.
- (3) If you see something blocking the airway, try to remove it.
- (4) Begin CPR.

FOR PREGNANT OR OBESE PEOPLE

Wrap your arms around the person's CHEST.

Place your fist on the MIDDLE of the breastbone between the nipples.

Make firm, backward thrusts.

After removing the object that caused the choking, keep the person still and get medical help. Anyone who is choking should have a medical examination. Complications can occur not only from the choking, but also from the first aid measures that were taken.

DO NOT

DO NOT interfere if the person is coughing forcefully, able to speak, or is able to breathe in and out adequately.

However, be ready to act immediately if the person's symptoms worsen.

DO NOT try to grasp and pull out the object if the person is conscious.

When to Contact a Medical Professional

Seek medical help right away if you find someone unconscious.

When the person is choking:

Tell someone to call 911 or the local emergency number while you begin first aid/CPR.

If you are alone, shout for help and begin first aid/CPR.

After the object is successfully dislodged, the person should see a doctor because complications can arise.

In the days following a choking episode, contact a doctor immediately if the person develops:

Persistent cough

Pneumonia

Wheezing

These could be signs that the object entered the lung instead of being expelled.

Prevention

- Eat slowly and chew food thoroughly.
- Make sure dentures fit properly.
- Don't drink too much alcohol before or during eating.
- Keep small objects away from young children.



Closure:

You have learned a very important, life-saving skill today and should be ready, willing and able to respond should such an emergency occur in the future.