

Grade 4

Health Objective 2.08

Acquire skills for providing first aid for choking victims, including demonstrating the Heimlich maneuver.

Language Arts 5.02

Demonstrate understanding in speaking and writing by appropriate usage of: pronouns, subject/verb agreement, verb tense consistency, subject consistency.

Materials Needed:

Empty soda bottle

Cotton

“Choking Charlie” mannequin (if available)

Focus:

- Locate an empty soda bottle and remove the label and lid
- Obtain a large piece of cotton
- Stuff cotton into the opening of the bottle making sure it sits securely.
- Facing away from the students and holding the bottle away from your face, force the air out of the bottle pushing the cotton out of the opening.
- Ask the students the following:
 - *What is the Heimlich maneuver?*
 - *Why does this technique work to help a choking victim?*
 - *What happens if the airway is obstructed for a long period of time?*

Teacher Input:

There are several important things to remember for Airway Obstruction Removal

1. **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. 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 because the airway is blocked. If unable to get air into an unconscious person, the rescuer should always re-tilt and attempt again before assuming a choking emergency.
2. **First Aid for Conscious Adult:** The first aid for an adult choking victim includes steps to take if the person is conscious and those to take if he or she is unconscious or becomes unconscious during the procedure. With a conscious victim, the rescuer should ask, “Are you choking?” then send someone to call 911 if the choking victim acknowledges that he or she is choking. The rescuer then applies the Heimlich maneuver by reaching around the victim from behind and grasping fist in palm of other hand, placing thumb side above the navel and below ribs and thrusting up and back to force air trapped in lungs upward. Continue individual thrust until object is dislodged, EMTs arrive, or victim becomes unconscious.

Practice & Assessment:

Review the information on causes of choking and prevention. Do not allow students to practice actual manual thrust, back blows, or rescue breathing on each other. They can, however,

practice the positioning and placement of hands. Follow these steps for demonstrating the skills:

1. Demonstrate on an individual student or on the "Choking Charlie" mannequin or on a large Teddy Bear in front of the class. Review how to recognize a choking emergency and how to send someone to call 911
2. Show how to get in position behind victim and place one's hands for the abdominal thrusts. Instruct students to thrust upward and backward at a 45 degree angle. Tell the students that as long as the victim is conscious the manual thrusts are all that can be done.
3. Have students practice in pairs.
4. Finally give each student the writing prompt: If your best friend was choking what would you do?