

PERFORMING THE HEIMLICH MANEUVER		Student/Class Goal Choking is fairly common and can be a serious incident. Students want to know what to do in case they are with someone who is choking or find themselves choking.
Outcome <i>(lesson objective)</i> Student will perform the Heimlich maneuver on him/herself and a partner.		Time Frame 60-90 minutes
Standard <i>Read with Understanding</i>		NRS EFL 2-4 (ESOL Focus)
COPS Determine the reading purpose.	Activity Addresses Components of Performance Discuss the concept of choking and pose questions around the causes, symptoms and prevention of an incident.	
Select reading strategies appropriate to the purpose.	Students are reading for information to answer questions about choking.	
Monitor comprehension and adjust reading strategies.	Students are reading for information to answer questions about choking.	
Analyze the information and reflect on its underlying meaning.	Students discuss how to prevent choking and practice the maneuver in pairs and individually.	
Integrate it (i.e. new information) with prior knowledge to address the reading purpose.	Students will describe what they would do in case of an emergency to prevent others from choking.	
Materials Choking: First Aid Introduction to the Heimlich Maneuver How to Perform the Heimlich Maneuver on Another Person Perform the Heimlich maneuver on Yourself Choking Performing the Heimlich Maneuver		
Learner Prior Knowledge Experience identifying parts of the human body. Students should have practiced finding the main idea when reading for information. The student’s level of proficiency in their native language affects acquisition of a second language, remember to always build their new learning on their existing skill base.		
Instructional Activities Step 1 - Teacher defines choking and presents a chart for students to analyze. Start by posing a “What if...” question. “What if during lunch today your best friend was choking; what would you do?” TEACHER NOTE To find posters for your classroom, check out Red Cross . Enter your zip code to find the nearest agency and resources locally. Step 2 - Using the articles provided by readability level, students will read and give information found for the causes, symptoms and prevention of choking. Some of the answers may include: Causes of choking eating too fast alcohol consumption inhaling vomited material small objects inhaled by children Symptoms of choking inability to speak weak coughing noisy breathing difficulty breathing bluish skin color loss of consciousness Preventing choking cut food in small pieces		

avoid laughing during chewing or swallowing
eat slowly
make sure dentures fit properly
don't drink too much before/during eating
keep small objects away from children

Before class, prepare 3 chart papers with the titles: Causes of Choking, Symptoms of Choking and Preventing Choking. This activity could be completed as a carousel where students write information on each chart paper after reading or done in pairs or triads at their tables and then debrief as a whole group.

Step 3 - Abdominal thrusts (also known as the "Heimlich maneuver" (HIM'lik mah-NOO'ver) are a series of under-the-diaphragm abdominal thrusts. They're recommended for helping a person who's choking on a foreign object. Abdominal thrusts lift the diaphragm and force enough air from the lungs to create an artificial cough. The cough is intended to move and expel an obstructing foreign body in an airway. Each thrust should be given with the intent of removing the obstruction.

Describe and explain all the steps in the Heimlich maneuver, as well as how to handle a breathing emergency, as described below:

- If someone is having trouble breathing, help him/her rest in a comfortable position which makes breathing easier.
- Have someone call 911.
- Talk to the victim to see if he or she can speak. Ask the question, "Are you choking?" A victim who can not breathe can not speak or make any noise and may answer by nodding. If the victim is an infant, try to make the child speak and check breathing and skin color continually.
- Explain that when someone is choking, the food or object goes down the wrong path and enters the bronchi instead of the esophagus. If the victim is choking and air is not passing in and out of the bronchi, the Heimlich maneuver is suggested.
- Place the thumb side of a fist against the middle of the abdomen just above the navel. Grasp the fist with the other hand.
- Give quick upward thrusts.
- Repeat until the object is coughed up, or the person becomes unconscious.

TEACHER NOTE Contact your local Red Cross for information about trainings and demonstrations.

Step 4 - Have students select partners and practice the Heimlich maneuver skills. They can use a classroom chart or other prompts (journal notes or handout) to help them remember the steps. The instructor will move around the classroom and observe each student perform the Heimlich maneuver.

Ask the class the original question; "If your best friend was choking today at lunch, what would you do?" Give the students time to respond.

Using the information on how to perform the Heimlich maneuver on yourself, students should also practice that procedure individually.

Assessment/Evidence *(based on outcome)*

Successful completion of the Heimlich maneuver by each student
Teacher observation of students practicing the Heimlich maneuver

Teacher Reflection/Lesson Evaluation

Not yet completed.

Next Steps

Technology Integration

Heimlich Maneuver (English or Spanish) <http://www.umm.edu/ency/article/000047.htm>
Prevent Choking <http://www.cdiponline.org/index.cfm?fuseaction=activity1&topicID=5&storyID=18>
Heimlich Maneuver Video <http://www.cammarata.com/reference/heimlich.html>
How to Perform the Heimlich Maneuver on a Baby <http://www.wannaseehow.com/people/bheimlich.html>
American Red Cross <http://www.redcross.org/>

Purposeful/Transparent

Students will learn the life-saving skill of performing the Heimlich maneuver.

Contextual

Actually practicing the skill on oneself and/or others gives the students the opportunity to actually move through the practice, better equipping them in case of an emergency.

Building Expertise

Students are building a repertoire of skills to be used in their lives, some of which could save their life or the life of someone else.

Choking: First aid

<http://www.mayoclinic.com/health/first-aid-choking/FA00025>

Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. In adults, a piece of food often is the culprit. Young children often swallow small objects. Because choking cuts off oxygen to the brain, administer first aid as quickly as possible.

The universal sign for choking is hands clutched to the throat. If the person doesn't give the signal, look for these indications:

- Inability to talk
- Difficulty breathing or noisy breathing
- Inability to cough forcefully
- Skin, lips and nails turning blue or dusky
- Loss of consciousness



Universal sign
for choking

If choking is occurring, begin to perform the **Heimlich maneuver**. If you're the only rescuer, perform the Heimlich maneuver before calling 911 (or your local emergency number) for help.

If another person is available, have that person call for help while you perform the Heimlich maneuver.

To perform the Heimlich maneuver on someone else:

- Stand behind the person. Wrap your arms around the waist. Tip the person forward slightly.
- Make a fist with one hand. Position it slightly above the person's navel.
- Grasp the fist with the other hand. Press hard into the abdomen with a quick, upward thrust — as if trying to lift the person up.
- Repeat until the blockage is dislodged.

To perform the Heimlich maneuver on yourself:

- Place a fist slightly above your navel.
- Grasp your fist with the other hand and bend over a hard surface — a countertop or chair will do.
- Shove your fist inward and upward.

Clearing the airway of a pregnant woman or obese person:

- Position your hands a little bit higher than with a normal Heimlich maneuver, at the base of the breastbone, just above the joining of the lowest ribs.
- Proceed as with the Heimlich maneuver, pressing hard into the chest, with a quick thrust.
- Repeat until the food or other blockage is dislodged or the person becomes unconscious.

Clearing the airway of an unconscious person:

- Lower the person on his or her back onto the floor.
- Clear the airway. If there is a visible blockage at the back of the throat or high in the throat, reach a finger into the mouth and sweep out the cause of the blockage. Be careful not to push the food or object deeper into the airway, which can happen easily in young children.

- If the object remains lodged and the person doesn't respond after you take the above measures, begin cardiopulmonary resuscitation (CPR). The chest compressions used in CPR may dislodge the object. Remember to recheck the mouth periodically.

Clearing the airway of a choking infant younger than age 1:

- Assume a seated position and hold the infant facedown on your forearm, which is resting on your thigh.
- Thump the infant gently but firmly five times on the middle of the back using the heel of your hand. The combination of gravity and the back blows should release the blocking object.
- If this doesn't work, hold the infant face up on your forearm with the head lower than the trunk. Using two fingers placed at the center of the infant's breastbone, give five quick chest compressions.
- If breathing doesn't resume, repeat the back blows and chest thrusts. Call for emergency medical help.
- If one of these techniques opens the airway but the infant doesn't resume breathing, begin infant CPR.

If the child is older than age 1, give abdominal thrusts only.

To prepare yourself for these situations, learn the Heimlich maneuver and CPR in a certified first-aid training course.

Introduction to the Heimlich Maneuver

http://www.ehow.com/how_14949_heimlich-maneuver.html

Choking because of an obstructed airway is a leading cause of accidental death. If a choking person is not coughing or is unable to speak, that's your cue to perform the Heimlich maneuver immediately.

Instructions

Step One

Ask the choking person to stand if he or she is sitting.

Step Two



Place yourself slightly behind the standing victim.

Step Three

Reassure the victim that you know the Heimlich maneuver and are going to help.

Step Four



Place your arms around the victim's waist.

Step Five



Make a fist with one hand and place your thumb toward the victim, just above his or her belly button.

Step Six



Grab your fist with your other hand.

Step Seven



Deliver five upward squeeze-thrusts into the abdomen.

Step Eight

Make each squeeze-thrust strong enough to dislodge a foreign body.

Step Nine

Understand that your thrusts make the diaphragm move air out of the victim's lungs, creating a kind of artificial cough.

Step Ten

Keep a firm grip on the victim, since he or she can lose consciousness and fall

to the ground if the Heimlich maneuver is not effective.

Step Eleven

Repeat the Heimlich maneuver until the foreign body is expelled.

Tips & Warnings

- If a victim is coughing strongly or able to talk, let the person try to expel the foreign body using his or her own efforts.
- If the choking victim displays a weak or ineffective cough, this indicates that air exchange is minimal and that you should start the Heimlich maneuver.
- Teach your family the universal choking sign--clutching the throat. Encourage everyone you know to become familiar with this sign and use it when choking.
- To avoid breaking bones, never place your hands on the victim's breastbone or lower rib cage when performing the Heimlich maneuver.
- If choking persists, call 911 immediately. This information is not intended to be a substitute for professional medical advice or treatment.

Place one fist just above the person's navel with your thumb against the abdomen



How to Perform the Heimlich Maneuver on Another Person

1. First ask, "Are you choking? Can you speak?" If they are coughing, a strong cough could dislodge the object.
2. Stand behind the person and wrap arms around the person's waist.
3. Make a fist with one hand. Place the thumb side of your fist above the person's navel, below the breastbone.
4. Grasp the fist with your other hand.
5. Make quick, upward and inward thrusts with your fist.
6. Continue these thrust until the object is dislodged.

Perform the Heimlich maneuver on yourself

Your first move is to call 911. Even though you can't speak, most 911 systems can trace you to your address. Leave the phone off the hook and perform one of the methods below. It requires some willpower to administer this painful technique on yourself, but your life may be at stake. You have a bit less than two minutes before you pass out.

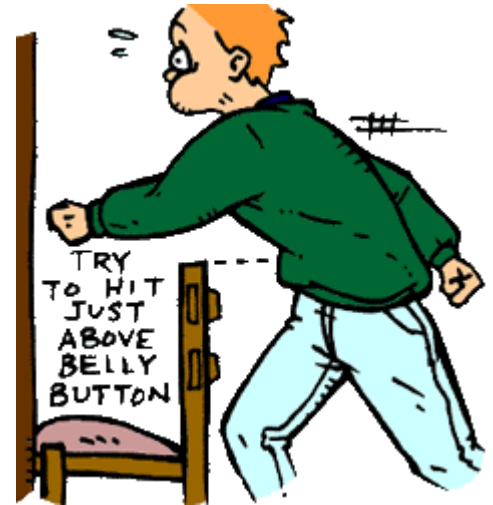
Use your own hands

- Make a fist with one hand, and place it thumb-first against your abdomen, just above the belly button.
- Cover that fist with your other hand, and pull your fist inwards and upwards sharply, quickly and forcefully. Repeat several times if necessary.

Use a sharp-edged object

Use this method if Step 1 doesn't dislodge the object.

- Locate a straight-backed chair and place it firmly against a wall or angle it in a corner.
- If a chair isn't available, use a sharp counter top, deck railing, staircase railing, or the sharp edge of a table, stove, or piano.
- Run into the object. Attempt to meet it at the spot just above your belly-button. Run at the object repeatedly and with as much force as you can muster until the object is dislodged.



Flesch-Kincaid Readability 7.2

How to Perform the Heimlich Maneuver on Yourself

1. Place fist above navel.
2. Grasp the fist with other hand.
3. Lean over the back of a chair or against a countertop.
4. Drive your fist towards yourself with upward thrust.

Flesch-Kincaid Readability 3.1

Choking

<http://www.kidshealth.org/kid/watch/er/choking.html>

Just as Kevin took a bite of his hot dog, his friend Peter made a goofy face and it cracked Kevin up. But it's hard to laugh and swallow food at the same time. A piece of the hot dog slipped down Kevin's throat and got stuck. He couldn't talk, he couldn't breathe - he couldn't make any sound at all.



Who's Henry Heimlich?

Dr. Henry Heimlich, a chest surgeon, was surprised to learn how many people died from choking. But what could be done? You often can't reach in and grab the problem food or object. Surgery might work, but there isn't time. Dr. Heimlich's bright idea was to work from the inside out - to use air in the lungs to force out whatever the person was choking on. He introduced his idea in 1974 and it's been saving lives ever since.

At first Peter thought Kevin couldn't catch his breath because he was laughing so hard. But when Kevin started waving his hands and grabbing at his throat, Peter knew his friend was in trouble. He yelled for help.

A teacher rushed over to Kevin and performed a technique called the Heimlich maneuver (say: **hime**-lik mah-**noo**-ver), which caused the hot dog piece to shoot out of Kevin's mouth and land a good 6 feet away. Gross, yes. But that teacher saved Kevin's life.

What Is Choking?

To understand choking, you first have to understand what goes on at the back of your throat hundreds of times per day. All the food you eat and the air you breathe passes through your throat to get into your body. Food and liquid go down one pipe - the esophagus (say: ih-**sah**-fuh-gus) - to your stomach. Air goes down another pipe - the trachea (say: **tray**-kee-uh), or windpipe - to your lungs. These two pipes share an opening at the back of your throat.

So if they share an opening, how does the food know which pipe to go down? Lucky for you, your body has it all under control. A little flap of cartilage (say: **kar**-tel-ij) called the epiglottis (say: eh-pih-**glah**-tis) sits near your trachea, and every time you swallow, it springs into action. Acting like a little door, it closes off the entrance to your trachea so that food is sent down your esophagus into your stomach instead of into your lungs.

But every once in a while, the epiglottis doesn't close in time. A piece of food, like Kevin's hot dog, can slip down into the trachea. Most of the time, it's no big deal. Your body makes you cough and forces it back up.

You've probably experienced this. Did you ever have a sip of a drink that "went down the wrong pipe"? You probably coughed a lot and it might have been scary, but usually you're fine in just a few seconds. That's because coughing is the body's natural defense against stuff that doesn't belong in the trachea. A good cough often can clear out a piece of food - or even an object - that heads down the trachea. If a person can still breathe and talk, coughing often does the trick.

But when someone is truly choking it means the food or object is completely blocking the trachea and air cannot flow into and out of the lungs. The person cannot cough the object out. They can't breathe, talk, or even make noise. They may grab at their throat or wave their arms. If the trachea remains blocked, their face may turn from bright red to blue.

The body needs oxygen to stay alive. When oxygen can't reach the lungs and the brain, a person can become unconscious, sustain brain damage, and even die within minutes. That's what makes choking such a serious emergency.

What Is the Heimlich Maneuver?

The Heimlich maneuver is a way to help someone who is choking. It's usually performed by another person, but there's even a way to do it on yourself, if necessary. In the traditional Heimlich maneuver, a helper gets behind the choking person and gives a certain kind of quick squeeze just under the person's ribcage. This squeeze sends a quick, powerful burst of air from the person's lungs upward, dislodging the problem food or object and often sending it flying out of the person's mouth.

To do it properly, it's best to learn it from a health care professional who can show you how it's done. Sometimes, kids learn the Heimlich maneuver in a health class or a first-aid class.

What Should I Do if Someone Is Choking?

Choking is serious stuff. If you're around someone who's choking, yell for help or call 911 right away. The Heimlich maneuver can be a lifesaver, but it's safest when done by someone trained to perform it. If it's done the wrong way, the choking person - especially a baby or child - could be hurt.

If a choking person has already stopped breathing, the Heimlich needs to be performed along with cardiopulmonary resuscitation (CPR), which is also best performed by someone who knows how to do it correctly.

How Can I Prevent Choking?

Here are four great ways to prevent choking:

1. Be extra careful when eating certain foods that are easy to choke on. They include: hot dogs, nuts, grapes, raw carrots, popcorn, and hard or gooey candy.
2. Sit down, take small bites, and don't talk with your mouth full! Do we sound like your mom? Well, she's right. And there's more than good manners at stake. Following that advice will help prevent choking.
3. Look out for the little guys - and girls. Babies and toddlers love to put things in their mouths, so help keep them safe by picking up anything off the floor that might be dangerous to swallow -

like deflated balloons, pen caps, coins, beads, and batteries. Keep toys with small parts out of reach, and never share your food or candy with a baby unless an adult says it's OK.

4. Learn the Heimlich maneuver. It's usually taught as part of any basic first-aid course - the kind that might be held by the Red Cross, the YMCA, the American Heart Association, schools, or hospitals in your community. Who knows? You could be a lifesaver someday!

Flesch-Kincaid Readability 6.7

PERFORMING THE HEIMLICH MANEUVER

http://www.healthtouch.com/bin/EContent_HT/cnoteShowLfts.asp?fname=02513&title=PERFORMING+THE+HEIMLICH+MANEUVER+&cid=HTHLTH

What is the Heimlich (Hime-lik) maneuver (muh-new-ver)?

- The Heimlich maneuver is set of steps you can use to help a person who is choking. When someone is choking, the airway can be partly or totally blocked. The airway is the tube that goes from your lungs to your nose and mouth. The goal of the Heimlich maneuver is to push air out of the lungs in a forceful "cough." This "cough" should pop the object the person is choking on out of the airway, like a cork from a bottle.
- The Heimlich maneuver should only be done if the person is conscious (awake). If the person is unconscious, you may have to start rescue breathing or CPR (cardiopulmonary resuscitation). Rescue breathing can help a person start breathing, and CPR can help their heart start beating.

What kinds of things can block an airway?

- Food is one of the most common things that you may choke on and have block your airway. An unconscious person can choke on his own tongue or dentures. Infants and children can choke on small toys or other objects.

How can you tell if someone has a blocked airway?

- It is important to be able to tell the difference between a blocked airway and other things that cause breathing to stop. Fainting, stroke, heart attack, and drug overdose can also cause an adult to stop breathing. Illness and sudden infant death syndrome (SIDS) are causes for breathing to stop in infants and children. These problems may be treated differently than a blocked airway.
- A conscious (awake) person who has only a partly blocked airway may at first be able to cough and breathe on his own. The person may wheeze (high-pitched squeaky sound) as he tries to breathe. He may be able to cough up the object stuck in his airway without needing your help. You should stay close by until the person tells you he is OK.
- If the airway becomes completely blocked, the person's cough will get weaker. He will not be able to talk or breathe at all and may start to turn blue. A child or adult may grab his own throat with his thumb and fingers. This means the person is trying to say, "I cannot breathe!" If this happens, the person will need you to help them by doing the Heimlich maneuver.
- Helping a choking infant (1 year old or less) is done differently than helping a child and an adult. The Heimlich maneuver is used on a child and an adult. Back blows and chest thrusts are used on a choking infant. Adults, children and infants must always be awake when these steps are used help them.
- An adult, child or infant may become unconscious (unable to waken) because something they have choked on has blocked their airway. If this happens, you must follow the steps of cardiopulmonary (kar-d-o-pull-moan-air-e) resuscitation (ree-suss-it-a-shun). This is also called CPR.

Is there anything you can do to prevent an airway from getting blocked? Many times an airway gets blocked when a person is eating and chokes on a piece of food. There are some things you can do to prevent this from happening:

- Cut food into small pieces.
- Chew your food slowly and well, especially if you are wearing dentures.
- Try not to talk and laugh while chewing and swallowing your food.
- Peanuts, peanut butter, popcorn, and other foods must be chewed very well before being swallowed. Do not give these kinds of foods to anyone who cannot chew well, or small children.

How is the Heimlich maneuver done on adults and children?

- The first thing you should do when you find someone choking is to find out if the person is OK. Do this by asking loudly, "Are you OK? Can you breathe?" If the person says yes, do nothing, but stay with him. If the person shakes his head as if saying "NO," do the Heimlich maneuver using the following steps:
 - If the person is standing or sitting, stand closely behind the person and wrap your arms around his waist.
 - Make a fist with one hand.
 - Place the thumb side of your fist against the middle of the person's abdomen (belly) just above the navel (belly button). Do not put your fist on the breastbone or ribs. It is very easy to break bones in this area, hurting the person's abdomen or chest.
 - Put your other hand over your fist. Using both hands, press your fist into the person's abdomen with a quick upward push.
 - Keep repeating quick pushes until the object comes out of the person's mouth or they can spit it out. If the object does not come out, the person may become unconscious.
 - If the person is very overweight or looks to be pregnant, wrap your arms right under their armpits. Place your fist on the center of their breastbone. Be sure your fist is not low on the breastbone, or off to one side, on the ribs. Place your other hand over the fist, and do quick pushes. Do this until the object comes out of their mouth or they become unconscious.
- If the person is unconscious lay him down flat on the floor on his back. Send someone to call 911 immediately for help. The faster trained caregivers arrive, the greater chance the person will live. Make sure the 911 operator knows this important information:
 - Where you are, including the address and the cross streets or roads. This will help caregivers find you quickly.
 - The telephone number from where you are calling.
 - What happened to the person you are helping.
 - What help has been given to the choking person so far.

- While that person is calling 911, you should begin the steps of CPR. If you are alone, and the person who has choked is an adult, follow the "phone first" rule. Call 911 before starting CPR. If you are alone, and the person who has choked is a child, follow the "phone fast" rule. Begin CPR, and do it for 1 minute, then call 911 for help.
- The person who is choking may suddenly become unconscious (cannot be woke up). If this happens, you need to begin the steps of cardiopulmonary (kar-d-o-pull-moan-air-e) resuscitation (ree-suss-it-a-shun). This is also called CPR.

How do you help a choking infant?

- Pick the infant up.
- You will be turning the infant over to do chest thrusts and back blows. You may sit down in a chair or you may stand to do this. Sitting may make you feel more stable, especially if the infant feels heavy.
- Position and hold the infant face down, with the head slightly lower than the feet. Support the infant's jaw and head with your hand. Support the weight of the infant on your knee if you are sitting. Support him on your forearm if you are standing.
- Give up to 5 back blows on the upper back between the shoulder blades. Use the heel of your free hand to do this. If you see an object come out of the infant's mouth at any point, stop giving the back blows.
- Sandwich the infant between your hands and turn the infant over on to his back. Support the infant's head and neck with your hand. The head should be held slightly lower than the feet. Support the weight of the infant on your knee if you are sitting. Support him on your forearm if you are standing.
- Give up to 5 chest thrusts (pushes) using 2-3 fingers. Your fingers should be placed on the lower half of the breastbone. Be sure your fingers are not off to one side, or at the bottom of the breastbone. If you see an object come out of the infant's mouth at any point, stop giving the chest thrusts.
- Keep giving 5 back blows followed by 5 chest thrusts. Do this until you see an object come out of the infant's mouth, or the infant becomes unconscious. If the infant becomes unconscious, you should begin the steps of CPR.

How do you do the Heimlich maneuver on yourself? If you are by yourself and you are choking, you may have to do the Heimlich maneuver on yourself. If you can breathe and talk, cough hard until you are able to spit out the object. If you cannot talk or cough, and are having trouble breathing, do the following steps:

- Make a fist with one hand.
- Place the thumb side of your fist against the middle of your abdomen just above the belly button. Do not put your fist on your breastbone or your ribs.

- Put your other hand over your fist. Press your fist into your abdomen with a quick upward push. Continue to repeat the quick pushes until you can spit out the object.
- If you cannot get the object out of your airway, press your upper abdomen quickly over any hard surface. The back of a chair, side of a table, or porch railing works well. You may need to do several hard, fast pushes against the surface to clear your airway.
- Dial 911 on the telephone and leave the line open if you cannot get the object that you are choking on out.
- You may be able to spit out the object, but you may have damaged your airway, chest, or abdomen. Call your caregiver and tell them what happened. They may want you to go to the hospital to be checked.

Support:

- Reading and learning how to help someone who is choking does not make you a certified CPR provider. To become comfortable with these skills, you must take classes through an organization like the ones listed below.
- Never practice the Heimlich maneuver or CPR on another person if they do not need it. You can seriously hurt someone if you practice on them. Call or contact the following national organizations for more information.
 - American Red Cross National Headquarters
2025 E Street NW
Washington, DC 20006
Phone: 1-202-303-4498
Web Address: <http://www.redcross.org>
 - American Heart Association National Center
7272 Greenville Avenue
Dallas, TX 75231-4596
Phone: 1-800-242-8721
Web Address: <http://www.americanheart.org>