



EVERYONE CAN BE A HERO! ©

CHOKING PREVENTION & RESCUE TRAINING CURRICULUM

Grades 6-12

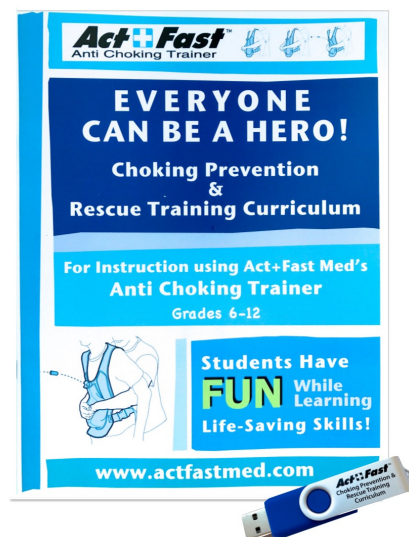
The *Everyone Can Be a Hero! Choking Prevention & Rescue Training Curriculum* is a flexible and interactive program that teaches students to correctly perform the Abdominal Thrust Maneuver with the aid of the Anti Choking Trainer in various choking rescue scenarios including self-rescue and victim rescue. The 7 day program includes detailed lesson plans, assessment materials, and a printable certificate of course completion.

Goals of the curriculum include:

- ✓ Teach students the necessary skills to correctly identify a choking victim.
- ✓ Enable students to identify common items in their environment that are known choking hazards.
- ✓ Instruct students in emergency medical/ first aid vocabulary used in choking rescue scenarios.
- ✓ Train students to safely and effectively demonstrate the Abdominal Thrust Maneuver (Heimlich Maneuver) with the aid of an Anti Choking Trainer on themselves (self-rescue), another student, or a manikin.
- ✓ Teach the skills and increase student knowledge of the AHA Choking Rescue Protocol.
- ✓ Enhance student cognitive and behavioral competency to instruct others in the Choking Rescue Protocol with the aid of the Anti Choking Trainer.
- ✓ Help students develop greater self-confidence so they will not hesitate to save a choking victim-or themselves-if they're alone and choking.



The Anti Choking Trainer is easy to use, realistic, and students have fun while learning a life saving skill!



Each order includes both 25 page color manual and a USB flash drive.

For more curriculum information, including a list of participating distributors, email info@actfastmed.com or call, toll free, 855 934 9340