

Health

4.PCH.4.3

Illustrate skills for providing first aid for choking victims (including the Heimlich maneuver).

Materials Needed:

- Common choking hazards such as hard candy, gum, a grape, ink pen cap, bottle cap, chunk of hot dog
- Small paper bag
- Access to www.kidshealth.org article on choking or copies for every 2 students.
- Red Cross poster or website to show the Red Cross poster
- Note-book paper to demonstrate 2-column notes
- Empty soda bottle with cap and label removed
- Cotton balls
- CPR mannequin or large stuffed animal
- Large stuffed animals and/or baby dolls for practicing Choking First Aid steps

Focus:

Put all of the choking hazards in the bag before students arrive in class. Ask for volunteers to reach into the bag and pull out one item. When all the items have been taken out of the bag ask students what they have in common? What could we be learning about today? If time allows, ask students to share any firsthand accounts about choking incidents.

Statement of Objectives:

By the end of today's lesson, you will know how to properly provide first aid to a choking victim.

Teacher Input:

First we are going to read this article and take a few notes as we read. We are going to use "2-column notes." Fold your paper in about 1/3 of the way along the hole-punched side. We have a smaller column to write questions and the larger side to answer our questions.

What is choking? Ask students to write, "Choking?" on the left side and after reading and discussing the first section of the kidshealth.org article, write the answer on the right side.

What are the signs that someone is truly choking? Students write, "Signs of Choking?" on left and the answer on the right after reading and discussing section 2-"Went Down the Wrong Pipe."

What should I do if someone is choking? 1. Show the Red Cross poster and read through all the steps. Use a big stuffed animal or CPR mannequin to demonstrate back blows for the class. To help explain abdominal thrusts or Heimlich maneuver, put a cotton ball in the opening of a empty soda bottle. Hold the bottle away from your face and students, then force air out of the bottle. Demonstrate abdominal thrusts using the mannequin or stuffed animal also.

2. Ask students to write “Choking emergency steps?” on the left and the answer on the right after reading and discussing part 3 of the kidshealth.org article, “What is the Heimlich Maneuver” and “What should I do if someone is choking?”

Be sure students write the updated RED CROSS steps for choking first aid: Send someone to call 9-1-1, Give 5 back blows with the heel of your hand, then 5 abdominal thrusts (Heimlich maneuver), repeat the process as needed.

Instructions are provided for providing first aid to babies and helping yourself if you are alone and choking.

How can I prevent choking? Read and discuss the last section of the kidshealth.org article, ‘How Can I Prevent Choking?’ Students should write “prevention?” on the left and the answer on the right.

Assessment:

After reviewing notes and steps to use in a choking emergency, allow students to demonstrate using the stuffed animals. Work in pairs, with a partner checking off the steps as one person demonstrates. Switch places. Continue until everyone has demonstrated the steps correctly.

Closure:

Thank you, 4th graders, for listening so well today. You were good researchers and you have demonstrated the steps to helping someone in a choking emergency.