



# EVERYONE CAN BE A HERO!©

## ACT+FAST MEDICAL'S CHOKING PREVENTION & RESCUE TRAINING CURRICULUM Grades 6-12

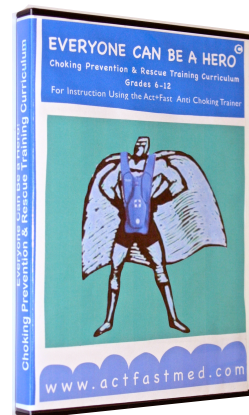
The *Everyone Can Be a Hero! Choking Prevention & Rescue Training Curriculum* is a flexible and interactive program that teaches students to correctly perform the Abdominal Thrust Maneuver with the aid of the Anti Choking Trainer in various choking rescue scenarios, including self-rescue and victim rescue. The 7 day program will teach skills and increase student knowledge of the the American Heart Association Choking Rescue Protocol.

### Goals of the curriculum include:

- ✓ Teach students the necessary skills to correctly identify a choking victim.
- ✓ Enable students to identify 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 effectively perform 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 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 to 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!**



Available in both Manual, 25 pages and CD-ROM  
Includes assessment materials and  
Certificates of Program Completion