



(Teacher may read questions and answer choices if needed)

- 1) What is choking?
 - a) **Choking occurs when something gets stuck in the throat/trachea and the person can no longer breathe.**
 - b) Choking occurs when someone can no longer speak to you.
 - c) Choking occurs when someone takes too big a bite of a hot dog.

- 2) The _____ Maneuver® is the easiest method for saving a choking victim. Choose the correct spelling?
 - a) Himelick
 - b) Heimlick
 - c) Hindlich
 - d) **Heimlich**

- 3) Choking can be fatal.
 - a) **True**
 - b) False

- 4) These parts of the body are all involved when someone chokes. Circle all that apply.
 - a) **Throat or Trachea**
 - b) **Vocal Cords**
 - c) Stomach
 - d) **Lungs**
 - e) Heart

- 5) How do you know if someone is choking?
 - a) **Their fingernails and lips may be turning blue.**
 - b) **They cannot cough very hard, if at all.**
 - c) **They cannot speak.**
 - d) **They may be clutching their throat.**
 - e) None of the above

(OVER)

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- 6) If you think someone is choking what is the first thing you should do?
- Shout for help and tell someone to call 911.
 - Immediately begin the Heimlich Maneuver.
 - Ask the person if they are choking.**
- 7) Place the Heimlich Maneuver® steps in the correct order (number from 1 to 4):
- 2 Make a fist with the thumb side of your hand touching just above the person's belly button. Wrap your other hand on top of your fist.
- 4 Repeat thrusting motions until the object is cleared and dislodged from the throat.
- 1 Position yourself behind the person who is in trouble and place your arms around their waist. They might be sitting or standing at the time.
- 3 Thrust your fist upward and inward into the upper stomach area. This motion forces air out your windpipe to dislodge the obstructing object.
- 8) The Heimlich Maneuver® can be performed on yourself by positioning yourself behind a chair or against the edge of a table.
- True**
 - False
- 9) If a person falls unconscious while choking you can still unblock the airway by using the Heimlich Maneuver®.
- True**
 - False
- 10) Once the Heimlich Maneuver® has been performed and the victim can breathe, they should always go to see their doctor right away to be sure they haven't damaged their throat.
- True**
 - False

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