



**(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.
  - 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?
- a) Shout for help and tell someone to call 911.
  - b) Immediately begin the Heimlich Maneuver.
  - c) Ask the person if they are choking.
- 7) Place the Heimlich Maneuver® steps in the correct order (number from 1 to 4):
- \_\_\_\_\_ 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.
  - \_\_\_\_\_ Repeat thrusting motions until the object is cleared and dislodged from the throat.
  - \_\_\_\_\_ 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.
  - \_\_\_\_\_ 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.
- a) True
  - b) False
- 9) If a person falls unconscious while choking you can still unblock the airway by using the Heimlich Maneuver®.
- a) True
  - b) 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.
- a) True
  - b) False

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