



Quick Facts

Hero:

Brandt Sutherland

Age:

Adult

Learned:

Anatomy and
Physiology Class

Saved:

Friend

“I would never have expected that I would ever have to do that”

-Brandt

EVERYDAY HERO STORIES:

A Lesson Remembered, A Life Saved

Brandt Sutherland, a student at Cleveland State in Tennessee was eating out with friends at a steak-house. When he noticed his friend was choking, he took initiative. His friend was in luck, because Brandt had learned how to perform the Heimlich maneuver in his Anatomy and Physiology class with Dr. Eddy Dye.



Brandt Sutherland and his Instructor Dr. Eddy Dye

Brandt reacted quickly and was able to eject the piece of steak from his friend’s throat.

“I can’t even tell you how long I performed the Heimlich. I guess it was just adrenalin, but afterward, I was just physically and mentally exhausted.” Sutherland recounted.

Dye added “I try to tell my students that if an emergency happens, they may be the only one there who has the knowledge to do something about it. Everyone always thinks someone here will know more than I do, and invariably, become paralyzed with fear, but Brandt wasn’t.”

Sutherland continues “If we hadn’t just gone over the respiratory system and hand/body placement with the Heimlich, I don’t know what would have happened! None of my friends knew how to do it. It’s nice to have someone like Dr. Dye. I would never have expected that I would ever have to do that, so I feel like I should thank Dr. Dye for everything.”