



Quick Facts

Hero:

Carter Altruda

Grade:

5

Learned Skill:

From parents

Saved:

Best friend and
classmate

“I gave him the Heimlich Maneuver and the apple just popped right out!”

- Carter

EVERYDAY HERO STORIES:

Best Friends Forever

Carter Altruda, a fifth-grader, saved the life of his best friend.

Altruda was sitting at lunch when his best friend choked on an apple.

He was never formally trained, but Altruda’s parents taught him the maneuver several years before he saved a life.

Altruda was able to act quickly because he knew exactly what to do.



Carter Altruda