



## Quick Facts

**Hero:**

Mike O'Brien

Assistant Principal

Pleasanton Middle School

**Age:**

Adult

**Learned Skill:**

Received Heimlich Maneuver® training

**Saved:**

Sixth-grade Student

*“Reality in this day and age: we need to train teachers to be sure that our kids and our schools are safe.”*

## EVERYDAY HERO STORIES:

# A Lesson in Heroism: How 30 Seconds of Courage Can Save A Life

Sixth-grade student Landon Comerford was at lunch with his friends joking around like any other day, when all of the sudden he squeezed the empty water bottle he was chewing on in his mouth and lodged the cap in his throat.

As his friends rushed to find help for their choking classmate, Assistant Principal and health clerk Paige Austin Camastro rushed to Landon's aid.

Paige immediately attempted the Heimlich Maneuver but the cap remained lodged inside. Mike took over and after two lifesaving abdominal thrusts was able to jettison the cap from Landon's throat.

"It was over in about 30 seconds, but it was the longest 30 seconds," Mike recounts. Luckily, Mike was prepared, having utilized the Heimlich Maneuver four times to save choking victims.

This incident was a startling reminder of how important it is to know how to respond in a choking emergency situation. You never know when you or someone around you will need a Heimlich Hero™ to come to the rescue!



Pleasanton Middle School, CA assistant principal Mike O'Brien and student Landon Comerford.