Quick Facts

Hero:
Sean White

Grade:
11

Learned Skill:
P.E. Class

Saved:
Classmate

"… It was a scary thing. I was scared after the fact, he was still scared"

-Sean

EVERYDAY HERO STORIES:

Heimlich Maneuver: The Lifesaving Formula

In math class, one might expect to learn how to find the solution to a problem through a numerical equation.

When a classmate began coughing and choking in class, Sean White realized this would require a different approach: The Heimlich Maneuver®.

Sean White and his parents

Sean quickly took action and came behind his classmate, asking if he was choking. When he saw his classmate nodding, he wrapped his arms around him and was able to force the pen cap out of his classmate's throat with six upward thrusts to the diaphragm. He later remarked that "At the time I was stunned for like a second, but all the adrenaline I was getting when it happened, I was able to do it without being nervous."

He also recounts "I think most of the other kids were stunned, and you can't blame them for that because it was a scary thing. I was scared after the fact, he was still scared. The whole thing was crazy." Sean chose to overcome that fear. He truly is a Heimlich Hero™!

Sean had learned the maneuver in Physical Education Class at Millis High School a year prior thanks to the school requiring every sophomore to learn CPR and the Heimlich Maneuver. "It's a skill that everyone, I think, should learn, especially in high school," he said. "You never want to have to do it, but we all wanted to make sure we knew how to do it."