



Spring 2018

Best Practices: Train Often

We believe anyone can save a life—no matter his or her age. Young or old, the Heimlich Maneuver can be learned and used successfully by anyone.

You can fully utilize Heimlich Heroes by training students once in elementary school and again while in high school. The Heimlich Heroes for Kids program is specially designed for kids in grades 2-7. Heimlich Heroes for Teens and Adults is designed for grades 8 and older.



Training kids when they are young provides confidence and knowledge if a choking situation occurs. Training kids in high school is a great refresher, so they can carry the training with them throughout their adult life.

One way to get our program into your school is to involve your local fire department. Community Educators and Fire Chiefs with Ohio and Mississippi Fire Departments have used Heimlich Heroes to train more than 5,000 kids in their local school districts.

"This is a good life skill everyone should know how to do, not only to help themselves but a family member or even a stranger!" said one community educator.

Did you know...?

Did you know just \$14 helps fund training materials for 30 kids?

[DONATE TODAY](#)



Place Posters for Saving Lives!

Heimlich Heroes™ posters are an easy and inexpensive way to bring awareness of the Heimlich Maneuver®. Hanging Heimlich Heroes posters in your school, office, or youth organization may even save a life.

Visually seeing how to perform the maneuver can be life saving when in a choking situation. One Supervisor of Health Services, from a large Virginia school district, used our training for staff and high school students and placed posters in their schools.

"It is important for the students to be aware and reminded of the importance of knowing the correct technique," said the supervisor.

She then ordered more than 20 posters to place in cafeterias, gyms and clinics in the district.

"It is an easy way to introduce students to safely assisting choking victims," the supervisor reflected. "And, the students seem to enjoy looking at and learning from the posters."

Heimlich Heroes has several posters in English and Spanish available for purchase in our [store](#). The best part? Our posters are currently only \$5! Order yours today.



Safety Tips for Spring Break

Spring break often means parks, pools, traveling and friends. But even during fun times, emergencies can occur.

To keep your kids safe this spring break, you must be prepared for any situation. You should know the proper safety information and procedures for a variety of scenarios.

Check out these quick safety reminders:

- Kids should drink water every 20 minutes to stay hydrated when playing in the heat.
- Learn simple safety procedures like CPR and the Heimlich Maneuver to act quickly in an emergency.
- Never leave children unattended in or near water.
- Apply pressure to cuts or scrapes until bleeding stops, and then gently apply antibacterial ointment.

To read more about water safety, emergency procedures, bleeding, or other safety concerns, visit kidshealth.org.

Thanks to you, our loyal supporters,
we have trained more than 100,000 people
how to save a life with the Heimlich Maneuver.

We couldn't have reached this incredible milestone without you!



Everyday Hero: Noah Saves the Day!

Noah Huff was eating lunch with his friends at Bosqueville Elementary School when his classmate choked on a meatball. Thanks to his first-aid training from Boy Scouts he knew just what to do!

"I knew I had to clear his airway quickly; I got up and went to him as another student ran to get a teacher," said Huff. "I grabbed Mike from behind and administered the Heimlich."

When performing the maneuver, it's essential to have your hands in the correct place. At first, Huff noticed his hand placement was wrong and made a change.

"The first thrust was too low, so I lifted my hands higher," said Huff. "After several thrusts the meatball flew up into his mouth."

Bosqueville Elementary principal, Kelly Bray, said this in the first choking incident at the school in the 12 years she has been there.

"I was very proud and very thankful for the quick action and calmness that Noah demonstrated," said Bray. "Students are instructed to find an adult in emergency situations, but Noah's Boy Scout training had prepared him to jump into action."

From the Editor's Desk



Another great year!

Can you believe Heimlich Heroes turns five years old this year? Happy birthday to us! In spring 2013, our non-profit first piloted the Heimlich Heroes program in our local Cincinnati, Ohio (grade 6) classrooms. We've had some restructuring along the way, allowing us to reach further geographically and also teach additional ages.

We are now structured so those from second grade through adults can learn the Heimlich Maneuver®, using our materials. Grades 2-7 also have materials available in Spanish. And, last fall we incorporated what you asked for: a new program video and materials for teens and adults. Schools, afterschool clubs and youth organizations are excited to teach this simple life-saving technique to their students and staff.

To date, more than 103,500 people across the country have attended a Heimlich Heroes training. Many schools and nursing colleges are even purchasing the [training dolls](#), so they can repeat the training with new students each year.

And, some schools are beginning to use digital apps districtwide with staff, students, and parents- which also teach the Heimlich Maneuver using our content. We'd love to hear from you if your school is one of them! The apps will allow us to reach even more people with this life-saving training.

Other countries are showing interest, too. Especially with Fire Departments that engage local classrooms to teach various safety and prevention lessons.

Not bad for a five-year-old, huh? We are working hard to keep up with the demand.

As we move through 2018, watch for:

- A new look and content on our [website](#)
- More digital options in the [online store](#) regarding program materials
- Various cost-saving promos on products throughout the year
- Our presence at your national conferences
- Ways you can get involved

We look forward to serving you and your participants in 2018! And remember, as a young non-profit, our budget is tight. We depend on your generous [donations](#) to add and maintain these initiatives.

Best Always,



P.S. We always want to hear your ideas! Please [email](#) them to us and let us know your thoughts.

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