The Best Recommendations From American Heart Association For Every Non-Professional

***In this issue:***

—***How to save people’s lives with the help of the first aid medicine during the choking? Hint: it’s easy to save lives of the babies, kids, adults, pregnant, and even overweight who are choked.***

—***How to provide the first aid if a person is in critical condition and unconscious?***

—***What are the top recommendations of paramedics from the American Heart Association to all non-professionals?***

—***How to overcome the “fear of nothing” during first aid, especially when a kid or adult is in a critical condition?***

—***Top videos from American Heart Association on the topic. And many more!***

If people would just know a small fraction of the information in this issue – many kids and adults would be alive today…

First aid during choking is one of the skills every citizen must have. Because you never know who will need it and most important of all – when it needed. The extremely dangerous situation can strike anyone: little children, trusting friends, relatives or total strangers. But what to do if infant babies or pregnant and overweight are chocking in front of your eyes?

The truth is that these people are helpless at the critical moment. It might be you, the one, who will provide the first aid and safe the life. That’s why everyone must know the basics of the first aid during the chocking. The skill must provide – effective, firm, and guaranteed results.

Unfortunately, this skill isn’t widespread as it has to be among people. Let’s show you how to train it, develop it and use it when the time comes.

**Understanding of what really happens in a human’s body when someone chokes**

The short description of the chocking process will give you the basic understanding of the process and how to assist it in a timely manner. Our breathing and swallowing are separated from each other by concrete time periods. For instance, this is exactly what prevents food or water or foreign item from getting into our airways.

Specifically, there is a cartilage called “epiglottis”. When the process of swallowing occurs, the epiglottis closes the air way to the lungs. And opens only in case when a food successfully passed further. This is a reflex that works unmistakably when the physical and mental condition of a person is acceptable.

**When to be on a high alert because of the choking possibility?**

But sometimes epiglottis could work abnormally under certain conditions. For instance, some kids or the aging people can have an underdeveloped or weakened breathing reflex. In other words, they need constant assistance or someone around to prevent choking.

Another widespread example is an individual under the influence of drugs, alcohol, or other chemical elements. For example, you may know about the cases when a drug addict or first-time user have died because of the drug overdose. As a result, the cause of the death is: chocking from the fluid that was secreted at the moment the epiglottis failed to close the airways at the right moment.

**The most widespread causes of choking related to the food consumption**

Eating is the one of the widespread reasons of chocking. And here are the most frequent cases of chocking:

***Laughing while eating.*** While a food is in the mouth, it’s dangerous to laugh. Because the process of laughing requires a breath in and breath out. And if there’s a food in the mouth – the chocking can strike immediately. In the worst case, the food is going right into airways just at the moment a person is taking a deep breath in and a person start to choke.

***Talking during eating***. Whether kids or adults, sometimes everyone want to share their great experiences on a dinner occasion. Don’t let it turn out to be a negative experience. The problem with the talking during the dinner is that it’s almost the same as the laughing during the eating. The combination of the breath in and breath out right at the moment a person is eating – increases the percentage to choke with a food.

***Trying to eat a lot of a food in a minimum time.*** No matter how busy you are, the rush while eating is a bad idea. Not only the effect of a poor digestion comes after such eating. And since it’s always necessary to take a breath in, doing it while a food is in the mouth means to increase the risk of choking tenfold.

The popular question is whether the gulp of a water can help during the chocking. The answer is: during the choking process, a water can block the airways completely – making a person panic.

**Why little children are choking frequently?**

Basically, there are a few simple rules that can guarantee your kids will decrease the risk of a choke to the minimum. For instance:

— Not to talk during eating;

— Not to laugh while eating;

— Not to exercise or demonstrate other kinds of physical activity with a gum, a food, a water, or other physical items in the mouth.

Popular question is why children are chocking while watching a TV. The answer is: Children are getting distracted by the movie and as a result easily take a breath in at the moment while a food close to the airways. The solution is: Do not allow children to eat and watch TV simultaneously.

One of the dangerous moments is when a toddler or a child are eating a dog food. Mostly it happens with the toddlers that are tasting everything they see. And since a dog food is hard enough for toddlers – it’s the risk of a choke situation.

***Advice on your dog:*** Make your pet eat the food to the last piece that will make your children safer and eliminate the danger of choke.

The kind of foods which are spotted as being a cause of choking: are nuts, pistachios, popcorn, gum, seeds, grapes, and cherries. Fruits with a bone or a seed inside can also present a higher danger for a child. The other set of a food such as: bread, hot dog, or hamburger are also have been noticed for the higher risk of a choke.

***Paramedic’s advice:***Make your kids chew any food thoroughly. Imagine that after such chewing, a food must be turned out to be liquid. That will minimize the risk of the choking by an order.

A word about an infant child: all babies which are haven’t enough teeth and are unable to chew apples, carrots, and similar pieces of a food properly, could choke easily during the meal.

***Paramedic’s advice:*** Make food for an infant– consumable. Take a blender and chop a food to make it easy to consume.

Toys for the kids that are not fun…

Sadly enough, but some sort of toys have been responsible reason for numerous of cases children got choked. That’s why it’s dangerous to leave your kid, especially an infant one, without someone who will look after them.

Despite the fact that toy manufacturers are eager to inform customers about safety in using, parents are not always passionate about this information. And to satisfy kids – they are buying almost everything they think will make them happy. Even the kinds of toys that are dangerous for them according to the manufacturer’s instructions.

***Paramedic’s advice: As a responsible parent always read the information about the proper age of using.***

**Here are the major symptoms that a kid is choking**

First of all neither kids nor adults choke all of a sudden. In most cases they begin to cough – the best move for everyone is to let them cough until the object in the airway is get its way to the mouth out. But when the natural reflex of a cough didn’t work, than a food or foreign item could enter the respiratory tract.

The symptoms when your first-aid is necessary are: difficult breathing, whistling, asking for help, discoloration, changing the color of the face (red, blue, white).

How to act in a case kid gets choked?

***Paramedic’s rule of thumb 1:*** Remember that coughing is the best way to get rid of a food or foreign item from the respiratory tract. Why? All thanks to the embedded preservation mechanism in our body, as a way to save a life during choking-related danger.

***Thus paramedics say:*** coughing is ultimately more effective than any other side actions. So if a kid is coughing because of a food, a water, an item, or whatever – let their body use natural reflexes. Don’t even try to slap on their back to help while they are coughing. Why?

In a case you’re slap on their back, you’re provoking the situation when an item or a food go deeper into the respiratory tract. The negative effect is occurance of a blockage of the breathing airways. Consequently, it will take more time and effort to get rid of foreign body from the airways.

**The first aid to babies and kids during the respiratory tract block – explained**

If the natural reflex such as coughing didn’t help, but a child is still in a conscious condition, and starts panting, whistling, and moaning, there’re ways to provide a first aid. The symptoms are: the color of a face is changed to the red, blue, white, etc. That’s the moment when your actions are making the difference between life and death of a child.

There are 2 cases when you are providing first aid to children: either when they are conscious and able to stand or already in unconscious state.

***Remember the paramedic’s rule of thumb again: You do it only if coughing didn’t help and the baby, kid, or adult starts to pant and whistle!***

***Method # 1******for the children of 1 year and up that are still conscious and can stand straight.***

Tilt the child forward so that the head is below the back. Apply strokes with an open hand between the shoulder blades at an angle of impact of about 45 degrees. The frequency of the blow is 1 blow per 1 second. You do a total of 5 strokes in a row.

What are you exactly doing here? With these strokes, you are emulating a cough. There two-basic outcomes from your actions are:

1) The child starts to cough: a child starts coughing – the foreign body falls out.

2) The child continues to cough. A foreign body is still in the airways and that means, you are moving to the method #2.

***Method # 2. The Heimlich’s maneuver.*** The main idea of this maneuver is to increase the pressure in the airway through the physical pressure on the area close to the stomach and the diaphragm. That is basically the imitation of a cough that makes the foreign body go out from the airways. It is performed 5 times in a row.

If the Heimlich method after 5 attempts in a row didn’t worked – go back to the Method # 1 to perform 5 strokes, and then if there are no results, you go to the method 2 (Heimlich maneuver) again. Perform these actions until a food or a foreign body will leave the airways of a child.

Here’s a how to do video:

Rest assured, in nearly all cases – these 2 methods listed above are effective enough to prevent further worsening of the child’s condition.

Here’s a popular topic: What if an infant choke in a front of your eyes?

You can witness a situation: an infant baby choking and you are the only one who is able to help. It’s easy than it seems. Here’s how you do it:

***Method#1: first aid to a choking infant baby***

The position of an infant baby:

1) Lay the baby on your arm so that his head is below his back. Baby’s face on hand (make sure your support of a head doesn’t block completely the mouth and nose for breathing).

2) The rest of the baby’s body on the forearm – the forearm could be supported by your leg. So here you create a firm support for the whole baby’s body.

What you are starting to do next is start hitting only with small – but sensitive force as described above by an open hand between the baby’s shoulder blades – 5 times.

Then look in your hand, perhaps food or an item has fallen out or the baby starts choking. (Watch whether a baby is choking or not! You’ll hear a cough and a cry!). If a cough occurs, give a baby to choke until the stabilizing of a breathing condition.

***Method #2 first aid to a choking infant baby***

If that doesn’t worked proceed to the next step. The position of a baby:

1) Turn the child over on his back: head below the back.

2) With your 2 fingers, apply pressure to the spot as in the Heimlich technique (baby’s solar plexus). The pressure should be firm, but not too strong to not damage the baby. Perform these actions 5 times in a row.

Then try to look and hear whether a baby is coughing or not. Remember: Cough – is the best way to get rid of the foreign body in the airways. If you manage to cause a cough or a cry – then you already launched the body’s preservation mechanism that works better than anything else. Let it be.

If this set of actions aren’t effective, turn over on your stomach again and repeat Method #1. And again 5 pats on the back. And then again Method #2.

**Remember the rule of thumb from paramedics: 5 attempts per Method #1 and 5 attempts per Method #2 for infant babies.**

After every 5 attempts of each method, you are looking at whether you have caused a cough and condition is stabilizing or not. Again, in nearly all cases if aid comes promptly: the condition of actions infant babies are stabilizing.

Here’s a how to do video on infant babies:

Here’s how the police do help infant babies — real cops — save lives!!!:

How to help adults, pregnant and overweight people

A preview to know:

The process of helping adults is the same as ***Method # 1 and Method #2*** for kids. The only difference between kids and adults is that pats on the back: are stronger than babies and kids. And during the Heimlich maneuver, the pressure on the chest must be more substantial.

**Remember the rule of a thumb:** The coughing for adults as well as for kids, is the best way to get rid of food or foreign item from the respiratory tract. So don’t pat on the back before the condition is worsening so a person starts whistling, the face color is changed, and no coughing already.

Because if you do pat during the coughing – you can cause the deepening of a food or a foreign item into the airways.

**The first aid to the pregnant and overweight people**

Let’s highlight the main methods for this category of adults. The methods are:

***Method# 1:*** Apply strokes with an open hand between the shoulder blades at an angle of impact of about 45 degrees. Your hits must be substantial so that person is feeling good enough. The frequency of the blow is 1 blow per 1/2 second. You do a total of 5 strokes in a row.

**Here’s how police save life during overweight person choking:**

Here it is:

Bear in mind that the blows must be hard enough to be effective.

***Method # 2: The Heimlich’s method***. As described above, this method is performed 5 times in a row or until the stabilizing of the condition (coughing occurrence). The pressure you create with the Heimlich method much be much stronger than you do it to kids.

**But how to give first aid to a pregnant or an overweight person?**

If a woman is pregnant – then we apply the pressure during the Heimlich method on the sternum – as close as possible to the solar plexus. Providing the first-aid to the pregnant women, you need to perform firm but careful pressures. It’s important not to damage the fetus. The sternum area is a good area to apply the pressure during the Heimlich maneuver.

The same technique with the overweight. Since you can’t completely close your hands on the person’s body, try to cross your arms in the area of the sternum as it was described above with the case of a pregnant woman.

**Cautious:** When a person is in the uncoucious condition, you need to make sure that there’s a heart beating is presented or it’s not. Performing of the first-aid assistance such as the CPR (cardiopulmonary resuscitation) is reasonable only in case when there’s a zero heart rate. If there’s a heart beating present, just call 911 first.

**The critical condition of a person when you need to perform CPR**

The first thing you do is to place a person on a solid ground (floor, ground, etc.)

***Paramedic’s warning: Don’t use a bed or a couch, or other weak surfaces for the CPR. The reason: the CPR is losing its effect because of the weak compression of the chest.***

The critical situation is when a child or an adult isn’t showing the signs of couscioness. You need to try to find out that the baby or adult is not breathing and the heart is stopped. How do you do it?

If you found someone lying unconsciously: first you try to speak with a kid or person to make sure he or she isn’t just sleeping. No reaction? Then start to perform the following actions:

Check the pulse on a hand or a neck;

Put your ear close to the mouth of a child or adult and nose of a child, try to hear the breathing. Answer on the question confidently: is there a breathing or not?

To almost unmistakably identify whether a person in critical condition needs CPR, use this rule. It’s the rule of paramedics: listen, look, sense. Listen with your cheek or ear to the breathing of a kid’s or adult’s mouth. Simultaneously look at the chest: whether it goes up and down as when a person is breathing. Check the pulse in a person’s hand, and try to sense it.

Professional paramedics suggest to non-professionals to spend no more than 10 seconds for the listen, look, and sense rule to understand whether a baby or adult is breathing or not. Have a heart working or not?

And then if you aren’t sure whether a baby or adult is breathing or not – you need to start to perform cardiopulmonary resuscitation (CPR).

CPR: How to for kids:

CPR: How to for adults:

What exactly you are doing:

***30 pressures on the sternum in an upright position and 2 mouth-to-mouth breaths. Overall you are making: the 30/2 rule. Remember these figures: 30/2.***

Critical important to remember before performing CPR:

First of all, you need solid ground (neither a bed nor a couch are appropriate)). Then you start to perform pressure with one hand (if a kid is below 10 years). Use 2 hands for the CPR when you’re administer the CPR to the people older 10 years.

Start to perform 30 pressures and then make the 2 mouth-to-mouth breathing. The speed in this case of pressures – 100 times per minute. But you make only 30 times and then perform 2 mouth-to-mouth.

How do you perform mouth-to-mouth breathing?

You are moving a head of a baby or adult in a way – so you can easily breathe into a mouth of a person. Remember: you are closing the nose of a person and then breath-in in (it’s necessary to create hermetical-like conditions). Then you see a diaphragm moving up and down each time you are breath-in.

What to remember here – very important

In 2010 American Heart Association defined the way of performance sequence in this case: They defined the sequence: You are starting from a heart massage and then go to mouth-to-mouth breathing.

Why do we need to perform the mouth-to-mouth is necessary?

To give some air to the lungs. Because chest pressing launches the heart as well as gets rid of the food and item, or water from the lungs or airways.

If you are alone? When to call emergency service?

Here’s what you need to know about it. Every person in an emergency situation that is older than 10 years – is considered as grown. Anyone else who is below 10 years old – from your point of view is considered not grown.

Thus you need to remember 2 simple ways of doing this:

So in case you are dealing with a non-grown person (below 10 years old) – you are not making an emergency call to 911 or your local emergency service – you have no time for it. You ask people around to call emergency service.

But you need to ***start to perform cardiopulmonary resuscitation immediately*** in case you have ***a kid below 10 years old.*** You need to perform reanimation in a period of**1-2 minutes then you can make a pause and give a brief call to an**emergency. Then you start to do it again until it arrives.

If you are dealing with a grown person, you can give a call to an emergency service first and then start to perform your actions, if there’s no one around.

What the CPR reanimation is doing: It is keeping the blood in the patient’s brain, and launching the heart. And it gets rid of the airways from food, water, or items. Don’t stop until the emergency arrives or the person awakens and the condition is stabilized.

CPR for infant babies

***Rules of the thumb 1:***remember while reanimating infants: not to push your head back too far for mouth-to-mouth breathing because you can block the respiratory tract. Just slightly push the head back like you give something to smell to this kid.

Imagine you give something to smell and how a kid will try to do it. That’s how you visible can identify the right position of a head during mouth-to-mouth breathing.

***Rule 2:***Take it from the bed, couch, or weak surface. Ideally for infants or close to this age: Is the table or solid floor ground? Remember: the solid ground is essential.

**Rule 3:** You are doing the pressures with your 3 fingers. 30 times per 2 mouth-to-mouth breathing.

**Rule 4**: Breathing: you can go with your mouth to cover both the nose and mouth of a kid. Thus you are breathing without your hands.

**Rule 5**: Cautious: Breath in slightly because the volume and strength of your lungs are much more than those of an infant. So slightly but firmly breathing in. To be more accurate: with the volume of the air between your checks – not with the volume of your lungs.

**CPR: How to do it for infant babies:**

The most frequent mistakes people are making:

1. People perform reanimation on weak surfaces (beds, couches, and similar);

2. Wasting a lot of time (when a lot of people are doing nothing, panicking, and asking someone to help);

3. Not enough pressure (the breast must go down up to 5 centimeters approximately;

4. Not enough quantity of pressure – 30 times per 2 breathing is necessary.

How to identify whether reanimation is successful or not?

In case you are successful: The person starts moving, opening their eyes, start breathing, etc.

What to do next after you performed the reanimation successfully?

You need to lay the person on the right side and place the left knee on a 90-degree angle while the right knee is straight. Thus you’ll create a sustainable position on the right side. It’s important to do it.

If you have an infant on your hand – make sure the baby is lying on the right side, face to you. Make sure baby is breathing – look constantly at a face of a baby, and be with the baby all the time until emergency service arrives.

Here’s what pro paramedics want to tell you about a fear that you can do worse…

You can’t make it worse than it already is. If a person or a baby is not coughing and already barely hold itself straight and start collapsing, or lying unconsciously on the ground – you can’t make it any worse.

Here’s the moment they either die – or someone helps – and you if you are a witness – it’s your responsibility before the emergency arrives.

So you have only 10 seconds to identify the state of a heart rate, breathing, etc. Then you need to start performing first aid immediately (if a person is below 10 years old). Or you are giving a brief call to 911 or local emergency service if a person is below 10 years.

Think about it in this way: If you’ll do nothing – he or she will die. If it’s a baby or kid – they will die if you do nothing. How you will live with it later on? Especially with the thought that you could help but you fret and thus lead to death.

By the way, nearly all babies after starting to perform reanimation actions survive. And adults that are unconscious have a 40% rate of survival. And you can save a life if you just make 1 move – forward to help not back to do nothing.

First Aid and CPR saved billions of lives

First Aid for choking saved millions if not billions of lives around the globe so far. It saved kids as well as adults. In this issue, we’ll talk about choking and how you can save lives even by being unprofessional.

Yet American Cardiac Association defined the sequence of providing first aid to kids and adults that choked on food or other items. Moreover, they show how you easily can provide such first aid before an emergency arrives. You know that emergency can’t be here in a split second. That’s why it’s important someone provide first aid.

What is the success rate during CPR?

40% for adults and aging people. For kids – the rate is drastically higher due to healthy internal organs, including the heart and lungs.

Watch videos – and you’ll easily understand what to do.

Bonus topic: A foreign body in the nose. Usually in children, a foreign body in the nose – closes only 1 of the passages.

***Symptoms:*** bleeding from one nostril, snot flowing from one nostril (green color), the child picking his/her own nostril.

How to do it properly: if a foreign body in a nose of a kid?

If you can’t see what’s in the nose – don’t reach through the nose.

***Solution:***

–You ask the child to breathe in and close the free nostril and mouth. And ask to breathe out a little at a time. If the child has no pain (you ask if it hurts or not). Then you can breathe out a little harder next time;

 –Ask your child to sneeze. Perhaps this will help;

–Put vasoconstrictor drops (not a spray) in this nostril to take away the swelling, and try the first and second ways above;

 –“Mommy’s kiss”: Mom breathes air in and blows into the baby’s mouth – and the foreign body comes out.

FAQ

How to react if I see a person lying on the ground?

If a person before 10 years old you start (from your point of view), CPR immediately by asking someone around to call an emergency. If, however, a person is older than 10 years old, you give a call to emergency and then you start to perform CPR.

How much time do I have to identify whether I need to use CPR or not?

You have 10 seconds. Don’t fret, that’s enough time to identify the patient’s pulse and breathing. Above you’ll read how to do it. In short: make sure there’s no heart pulse and breathing. Just focus for a 10 seconds. And then If you see that kid or adult is unconscious — act!

How long do you do CPR?

You are doing this until the emergency arrives. Or until a person will start breathing. If you are alone and a kid below 10 years old, you start CPR, then after 1-2 minutes, you make a brief 911 call, and then continue to perform CPR. Put the emergency on speakerphone.

**Cautious: If a person just lying asleep – you must not to perform a CPR! Just call 911. Just make sure that heart and breathing is stopped first before deciding the CPR actions!**

The area of making CPR:

Sternum: the place where the ribs touch. The base of the palm is on the lower third of the sternum.

How exactly can I do the massage with the power of my hands or with the whole body’s weight?

The massage is done with the whole body weight (for an adult) – Not with the efforts of your hands.

How much again do I press and breath-in doing CPR?

***30 pressures per 2 breath-in mouth-to-mouth.***

How do I understand that breath-in is successful?

The chest is going up and down because you are making breath-in.

How do I make CPR for babies and kids, what is the difference?

Babies and kids: You are making no substantial but firm pressures. ***For infant babies – 3 fingers are enough*** to conduct CPR. If the kid is more than 1-year-old ***– 1 hand instead of 3 fingers.***

How do I open a baby’s infant head for mouth-to-mouth breathing?

You move the baby’s head as you would give to try to smell a flower to a kid! Imagine how a kid will try to put forth their head a little bit and put a nose to smell it. That would be the right position for a head!

That’s how you pull the head of an infant back and not block the respiratory tract. Caution: if you move too much a head of an infant backward – you can block the air tract.

How strong my breath-in I need to conclude breath-in to an infant?

Your breath-in must be light but firm – just to make a chest of a baby move up and down. Put it this way: you are doing you with air in your mouth, not using the depth of your lungs for breath-in.

When do I use two hands for CPR?

When the person is older than 10 years – you are definitely using 2 hands!

How much effort does it take for chest pressing?

Your pressure must be firm – so the chest is deep in by 5 centimeters. Up and down 5 centimeters.

What are the major mistakes?

1. A lot of wasting of time: too long people are deciding what to do.

2) People are making CPR on a couch, bed, or other soft surfaces.

3) Not enough quantity of pressure (30 times is necessary).

4) Not enough pressure – chest must be up and down 5 centimeters (especially for kids over 1 year and adults).

Of course, if you hear that bones are making noise or something – then reduce strength, but pressure must be substantial for normal blood circulation.

How understand that I need to stop CPR?

Baby or person opens eyes, start to move, cough, moans, etc. You see that person is awakening.

What to do after successful CPR.

Place the patient’s body in a stable position on the right side, with the left knee bent (don’t lose sight of the face and check periodically for breathing or not breathing). If it is an infant, child, or slightly older, you hold them in your arms, face to you, checking their condition by looking at their face.

Call the emergency because doctors must identify the current condition of a person. And especially aging people can get worse, not long time afterward.

When to call emergency?

If people are around, you ask somebody to call emergency and go by yourself to the identification and if necessary to the CPR performance. If you are alone, and you see a person below 10 years old – you start to perform CPR and then after 2 minutes call the emergency, and go to the CPR until you save or the emergency arrives.

If a person is more than 10 years old – you first call the emergency and then proceed to CPR until save or emergency arrives.

**Once you make sure that kid or alult aren’t breathing and heart rate is stoped you perform CPR!** **10 seconds on decision – just focus!**

**Remember the video**

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