

## PROCEDURE FOR TREATMENT OF DROWNING AND FOREIGN BODY IN THROAT (CHOKING)

### 1. DROWNING:

- a. Have someone CALL 911 immediately and NOTIFY THE PARENT.
- b. Check if student is responding.
- c. IF THE STUDENT IS RESPONDING:
  - i. Move the student to a quiet warm place. Be ready to start the steps of CPR if the child stops responding.
- d. Remove the student's wet clothes and wrap him/her in blankets.
- e. IF STUDENT IS NOT RESPONDING:
  - i. Open student's airway.
  - ii. Check to see whether student is breathing. If the student is not breathing, start steps of CPR until EMS arrive.

### 2. CHOKING:

- a. Allow student to cough up the object if they can make sounds and cough loudly.
- b. Call parent.
- c. If the student suddenly cannot breathe, talk, or make any sounds, give abdominal thrusts (Heimlich maneuver).
  - i. Kneel or stand firmly behind student and wrap your arms around her so that your hands are in front.
  - ii. Make a fist with one hand. Put the thumb side of your fist slightly above her navel and well below the breastbone.
  - iii. Grasp the fist with your other hand and give quick upward thrusts into her abdomen.
  - iv. Give thrust until the object is forced out and he/she can breathe, cough, or talk or until the student stops responding. If the student stops responding, CALL 911. Lower student to the ground, face up and start CPR (see CPR section).

### 3. Complete an Accident Report form.