

PATROL NAME: _____ **TROOP #** _____
SCORE: _____ of out 55



NORTH VALLEY DISTRICT 2013 FIRST AID MEET

Choking Scenario

Scenario: While the patrol is eating lunch on the trail, one Scout (must be a Boy Scout) begins choking on a piece of meat from his meal.

Without actually performing the Heimlich Maneuver, have one Scout demonstrate how it is done.

NOTE: Victim must be a Boy Scout

NOTE: Victim should be coughing until the Judge tells them to stop.

| ACTION TAKEN | POSSIBLE POINTS | POINTS EARNED |
|---|-------------------|---------------|
| VICTIM | 5 Max pts | |
| 1. The victim properly demonstrates the international sign for choking, which is two hands clutching the throat. (Victim should be coughing.) | 5 | |
| RESCUER | 50 Max pts | |
| 1. Rescuer asks if he can help. (Rescuer does not need to identify himself because of knowing each other.) | 5 | |
| 2. Rescuer sends someone for help or has someone call. | 5 | |
| 3. The Rescuer encourages the victim to cough. (Judge: Tell the victim they can not cough.) | 5 | |
| 4. The Rescuer stands behind the victim and places one foot between the victim's legs to have proper balance in case the victim becomes unconscious. | 5 | |
| 5. The Rescuer makes a flat area on the hand to go against the victim (a fist with the thumb inside or outside is ok, as long as the Rescuer creates a flat surface). | 5 | |
| 6. The Rescuer places his hand (with the flat surface) in the area of the belly button with his other hand wrapped around the hand against the victim. | 5 | |
| 7. The Rescuer administers 5 abdominal thrusts (Rescuer must only simulate, not actually perform it.) | 5 | |
| 8. JUDGE: Ask how long you continue abdominal thrusts? RESCUER: Should state | | |
| (a) until the object comes out and they start breathing | 5 | |
| (b) until they go unconscious (pass out) | 5 | |
| (c) until medical help arrives. | 5 | |
| NOTE: American Red Cross teaches 5 abdominal thrusts and 5 back blows; American Heart Association teaches abdominal thrusts only. | | |
| TOTAL POINTS | 55 | |

JUDGE'S NAME (PRINT): _____

JUDGE'S SIGNATURE: _____

JUDGE'S AFFILIATION: _____