CHASE Coloring Book 2011

PRESENTS

How to Save a Life

By Using CPR and Choking Maneuvers

With me... Paddy the Penguin!

Illustrations and Design by Fred Fassberger

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**INFANT & CHILD HANDS-ONLY CPR**

**CARDIOPULMONARY RESUSCITATION**

Hands-only CPR = giving continuous chest compressions no breaths

Hands-only CPR is appropriate when you see someone suddenly collapse

1. Hands-only CPR involves calling 9-1-1 first and then giving continuous chest compressions. It only takes minutes to learn and it is easy to remember.

2. Hands-only CPR should be used when you see someone suddenly collapse and the person is unconscious.

3. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

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**Call 9-1-1 in a Medical Emergency**

**FOR UNCONSCIOUS CHOKING INFANTS**

**FOR UNCONSCIOUS CHOKING CHILDREN**

**STEP 1:** Place the infant on his back on a hard, flat surface like a table.

**STEP 2:** Place your hand on the forehead of the infant and gently lift the head back. Use your other hand to lift the chin upward. Be sure to keep your hands away from the infant's neck.

**STEP 3:** Look in the infant's throat for any signs of food or foreign objects. If you see something, sweep it out with your pinkie.

**STEP 4:** Draw an imaginary line between the infant's nipples. Place two fingers in the middle of that line on the breastbone. Push down about 1-1/2 inches of the infant's chest. Don't be afraid to press too hard as this increases blood flow to the brain.

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**100 COMPRESSIONS**

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**CPR HEALTH AWARENESS SAFETY EDUCATION**

Dedicated to making the education of infant/child CPR and the Heimlich Maneuver FREE and readily available to the community.

C.H.A.S.E. for Life, Inc.  •  P.O. Box 440  •  Little Silver, New Jersey 07739  •  0800-547-4460  •  www.chaseforlife.org
IT'S ALL TECHNIQUE
So don't you freak

Be a Star
Learn CPR

Put him on a table
if you're able

or lay him flat
just like that

If they're not breathin
there's a reason
to do chest compressions
that's today's lesson

Draw a line across the chest
from breast to breast

At the center there's a spot
for you to give it all you've got

Push down quick
and do it 100 times

A useful trick you
might need sometime

Push down quick
in the center of the chest

100 compressions per a minute
works the best

100 times
100 times
ya know

Push down quick
in the center of the chest
100 compressions per a minute
works the best

If you're unsure
if someone needs care

Occasional gasping
is not enough air

At the center there's a spot
for you to give it all you've got

Push down quick
and do it 100 times

A useful trick
you might need sometime

Push down quick
in the center of the chest

100 compressions per a minute
works the best

100 times
100 times
ya know

Be a Star
Learn CPR
STAY COOL!

If an accident happens in front of you, REMAIN CALM and carefully assess the situation.

Don’t freak out like a Hysterical Hyena!

OH, NO! WHAT DO I DO?!
If you are by yourself or with someone else, **CALL 9-1-1 ASAP!**

Doing **SOMETHING** is better than doing nothing!

We’ll be there soon!!
It may be your **ONE CHANCE** at becoming a hero!

Draw a picture of yourself looking like a **HERO**!
CPR STANDS FOR CARDIOPULMONARY RESUSCITATION

—an emergency procedure of pushing on the chest above the heart and breathing into the mouth of a person who is unconscious and not breathing. This technique attempts to restore blood circulation which prevents death or brain damage due to lack of oxygen.

**Hands-only CPR** is giving continuous chest compressions no breaths

**Hands-only CPR** is appropriate when you see someone suddenly collapse

1. Hands-only CPR involves calling 9-1-1 first and then giving continuous chest compressions. It only takes minutes to learn and it is easy to remember.
2. Hands-only CPR should be used when you see someone suddenly collapse and the person is unconscious.
3. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

How many words can you spell from Cardiopulmonary Resuscitation?

1 ___________________ 6 ___________________

2 ___________________ 7 ___________________

3 ___________________ 8 ___________________

4 ___________________ 9 ___________________

5 ___________________ 10 ___________________
Accidents happen and most of the time they are nobody’s fault.

That’s too much!

I’m in a KNOT!

I bumped my nose

Safe or Unsafe?

- Holding someone’s head down under water.
- Cutting large pieces of food into small bites before putting them in your mouth.
- Running when next to a pool’s edge.
- Looking both ways before crossing ANY street.
- Calling 911 as soon as you can after witnessing an accident that requires help.
- Talking to strangers and taking gifts from them.
- Wearing a helmet when riding a bike or a skateboard.
- Memorizing your phone number, address and full name.
- Running with lollipops, candy, and gum in your mouth.
- Wearing a life preserver whenever you are on a boat or a dock.
Did you know that there are **3 WAYS** to perform CPR? Do you know at what ages CPR instructions change?

**INFANT**—
A baby under the age of 12 months

**CHILD**—
1 to 12 years of age

**ADULT**—
A child above the age of 12
One time, two, three, four and five
Five and five keep her alive.

One way for kids, another for baby
Each one different, there is no maybe

Hold the baby on your arm
Support her head, keep her from harm

Then slap the middle of his back
Open the palm for five good blows

One blow, two, three, four and five!
Five forceful blows keep her alive.

If the object still hasn’t come out
Turn her over, there’s no doubt

Between the nipples is a line
It’s center is what you must find

And thrust five times into the chest
Two fingers there will work the best.

One thrust, two, three, four and five!
Five chest thrusts keep her alive!

One and two, three, four and five
Five and five keep her alive!

And for a child older than
one or so –

Ask a child "are you choking?"
If he nods, stop all joking

Say you’re there and gonna help
And get behind the little whelp

And just like that you have begun
Now kneel or stand whichever one

Make a fist, and place it here
With your thumb pointing rear

Put that fist above her navel
Grab it now, if you’re able.

An upward thrust with your fist
Is the method, get my gist?

Thrust until what’s stuck comes out
That’s what it’s all about.
INFANT & CHILD

CHOKING MANEUVERS

A choking maneuver is an emergency technique used to eject an object from the throat of a choking person. It employs a firm upward thrust just below the rib cage to force air from the lungs, which pops the object out.

FOR CONSCIOUS CHOKING INFANTS

STEP 1:
Hold the infant face down on your forearm. Always support the infant’s head. Keep the head lower than the chest.

STEP 2:
Give 5 back blows with the heel of your free hand between the infant’s shoulder blades.

STEP 3:
Put 2 fingers just below the nipple line on the breastbone and compress the chest 1 1/2 inches deep.

STEP 4:
Alternate between 5 back blows and 5 chest thrusts until the object is out and the infant can breathe, cough or cry or until the infant becomes unconscious. In which case, lay the infant on a flat hard surface and begin performing CPR.

FOR CONSCIOUS CHOKING CHILDREN

STEP 1:
Ask the child, “Are you Choking?” If he nods his head, tell him you are going to help.

STEP 2:
Kneel or stand behind the child and wrap your arms around him so that your hands are in front of him. Make a fist with one hand and place the thumb slightly above his belly button.

STEP 3:
Grasp your fist with your other hand give quick upward thrusts into his stomach.

STEP 4:
Continue thrusting until the object is forced out and the child can breathe, cough or cry or until the child becomes unconscious. In which case, lay him on a flat surface and begin performing CPR.

CPR HEALTH AWARENESS SAFETY EDUCATION

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CERTIFICATE of

CPR and Choking Maneuver Safety

This certifies that

Your name:

has been awarded the Official CPR and Choking Maneuver Seal of Knowledge having successfully learned that “doing something is better than doing nothing.”

in witness whereof Paddy’s signature is hereto affixed

Paddy the Penguin

OFFICIAL SEAL
CPR & CHOKEING MANEUVER SAFETY

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