

Recently Olive "Ollie" Herrmann, retired, Programs and Project Management Division, saved the life of her supervisor by using the Heimlich maneuver to dislodge a piece of food lodged in his throat.

Before retiring from the Corps, Herrmann gave the District one last contribution, she filed a suggestion for the District to implement mandatory Heimlich maneuver training.

"I knew nothing about this procedure other than having seen posters," said Herrmann. "We never know when we may need to repeat this maneuver and would certainly have considerable more confidence if the procedure was taught in a 'hands-on' situation."

Herrmann's suggestion was considered and recently adopted by the District Incentive Award Committee.

Dean Magee, acting chief, Safety and Occupational Health Office, said, "The District is already training our employees at our field sites. Now that Ollie's suggestion has been adopted, the Heimlich maneuver training will take place at the Clock Tower as well." 🏢

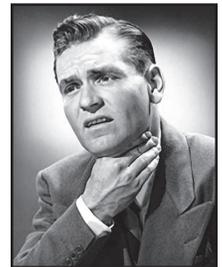
THE PROCEDURE:

Basic 4 Steps-

1. From behind, wrap your arms around the victim's waist.
2. Make a fist with one hand and place the thumbside of your fist against the victim's abdomen, below the ribcage and above the navel.
3. Grasp your fist with your other hand and press into abdomen with a quick, upward thrust.
4. Repeat thrusts, as often as needed, until object is expelled.

Variations-

1. VICTIM SEATED: Stand or crouch behind the chair and wrap your arms lightly around the victim's waist. Place your fist below the ribcage and above the navel. Grasp your fist with your other hand. Press fist into the abdomen with a quick, upward thrust. Repeat thrusts, as needed, until object is expelled.
2. VICTIM LYING DOWN: Roll victim onto back. Face and kneel astride the hips. Place the heel of one hand below the ribcage and above the navel. Place your other hand on top. Press into the abdomen with a quick, upward thrust. Repeat thrusts, as needed, until object is expelled.
3. ON CHILDREN: Hold infant on your lap facing away from you, or lay the child down, face up, on a firm surface and kneel or stand at the feet. Place the middle and index fingers of both your hands well below the ribcage and above the navel. Press into the abdomen with a quick, upward thrust, but be more gentle on an infant. Repeat thrusts, as needed, until object is expelled.
4. ON YOURSELF: Place your fist below your rib cage and above the navel. Grasp fist with your other hand and press into your abdomen with a quick, upward thrust, or lean over a fixed, horizontal object – table edge, chair, railing – and press your upper abdomen into the edge with a quick, upward thrust. Repeat thrusts, as needed, until object is expelled.



District Learns From **CHOKING** Incident



Someone who is choking will instinctively bring his hand to his throat. Ask the person directly, "Are you choking? Nod if you need help." If so, perform the Heimlich maneuver immediately. You have about four minutes to clear the air passageway before the victim suffers any long-term or permanent damage from lack of oxygen.

FACTS:

- Almost 4,000 people die from accidental choking each year in this country.
- Two-thirds of these are children.
- Choking was the leading cause of accidental death in the United States until New York surgeon Dr. Henry Heimlich came up with this simple, effective procedure.

Retiree Note:

All retirees and their spouses or guests are cordially invited to attend the annual retiree's luncheon, Sept. 6. The event will be held at the Rock Island Arsenal Club (formerly the Officer's Club). Social hour will begin at noon and the luncheon at 1 p.m.

Cost of the luncheon is \$8 per person, which includes gratuities.

Reservations are necessary. Those interested can contact Lorraine Deaton at (319) 323-6878 or Isabella Van Overschelde at (309) 788-3530. You can also E-Mail Lorraine at: LADe2025@aol.com Checks for the luncheon should be mailed to Isabella at 2244 3rd St., East Moline, IL 61244. Please R.S.V.P. by August 31, 2000.