

## **Choking at Home Alone 60 Years Old or Older**

### **5,000 deaths per year in USA that is Preventable**

1. **Stop-Be Calm Force Your mind to calm down!!!** When up and moving around the Body floods the system with adrenalin and cortisone – Tightening the throat. Tell yourself **“I know what to do!”**
2. Call 911, even if you can't speak a word. They can track your phone.
3. Keep your phone beside your plate at every meal.
4. When chocking starts;
  - a. Bend over and put your head down, this assists the body instead of holding up your head.
  - b. Stand up and lean forward head to the floor, this improves abdominal thrusts by 25%. Force a cough (this can produce air volume out of the lungs at approximately 500 miles per hour. Do 3 powerful coughs and try to draw in any air, then 3 more coughs.
5. Drive your abdomen into the back of a chair. Between the bellybutton and the rib cage. **Aggressively drive the chair back into your abdomen. Sharp powerfully thrust the chair back into your abdomen. Not just leaning on the chair back, like you are trying to fold yourself in half over the chair. Do this 5 times or more. Perform this with great force not a slow rocking motion. Do not let the DX of Osteoporosis stop you, bruising or broken ribs are infinitely preferable to what happens if you do not try.**
6. Throw yourself backwards against a wall corner or door frame. Drive the frame into your upper back between your shoulder blades hard and fast with great force, using the legs. This sends a shock wave through the chest wall vibrating and rattling the food particle from where it has become suctioned. This increases the overall efficiency rate by 30%. Bounce between 5 chest thrusts to 5 back blows.
7. Lower yourself to the floor, this is the most critical move. Form your hands into a fist and knee down and fall onto your hands driving the fists into the abdomen. This produces double the force from the chair back