

Choking & Suffocation Safety

According to *Injury Facts 2017*, choking is the fourth leading cause of unintentional injury death. 5,051 people died from choking in 2015 (National Safety Council). Among children treated in emergency rooms for non-fatal choking incidents, almost 60% were food related. Overall, 13 percent of cases involved swallowing coins and 19% involved candy or gum (Safe Kids Worldwide).

Suffocation is the leading cause of unintentional injury death for children under 1 year, and 3rd leading cause for children age 1 to 4 years. (Safe Kids Worldwide)

One of the best ways to be prepared if a child begins choking is to attend a CPR/Choking class. Check with your local Universities, hospitals, fire departments, American Red Cross or American Heart Association.



Oklahoma “Not So Fun” facts on Choking:

- Between 2011-2015, there were 55 choking-related inpatient hospitalizations in Oklahoma of children under the age of 5 (This number does not include mechanical suffocation, such as plastic bag, in bed or cradle, and cave-ins). (Oklahoma State Department of Health)
- Between 2011-2015, there were 5 choking-related deaths in Oklahoma of children under the age of 5 (This again does not include mechanical suffocation). OSDH

Safety Tips:

- Cut food for toddlers into tiny pieces. Children under 5 should not eat small, round or hard foods.
- Keep cords and strings out of your child’s reach.
- Consider your child’s age when purchasing a toy or game.
- Remove necklaces or clothing with drawstrings when children are playing or sleeping.

(Safe Kids Worldwide)

Choking Safety—Pre-K

Safety Bullets

- Anything smaller than a D-size battery is a choking risk for babies and toddlers (Raising Children).
- Helpful Hints: Cut food into small pieces, avoid toys with small parts, eat & drink slowly, eat at the table, and don't run while eating.
- Know your surroundings and keep things picked up.

Activity: String: Don't let it choke you!!

- Show the students two hoodie sweatshirts. One with the string and the other without. Ask them which sweatshirt is safer and why?
- Explain the dangers of string and how it can choke if wrapped around their neck. Suggest to the kids to tell their parents to take the string off the hoodies.
- Visuals: 1. Hoodies 2. Small items that can cause you to choke: Button batteries, laundry pods, coins, hard candy, toy parts, caps on door stops, balloons, nuts, crayons, marbles, magnets and any small item that could possibly fit in a child's mouth.



It's the Small Things...

Prevent Choking!

Keep small objects like marbles, balloons, small balls, and coins off the floor and out of reach of children.

Childproof your home — Keep your baby safe.

This alert was produced by CPSC's Neighborhood Safety Network program. Sign up to receive free NSN safety alerts and posters at www.cpsc.gov

U.S. Consumer Product Safety Commission
CPSC hotline: 800-638-2772
and 800-638-8270 (TTY)

A baby crawling on the floor, surrounded by small objects like marbles, balloons, and coins, illustrating the danger of choking.

Lesson Title: Watch What You Eat

Safety Topic: Choking

Grade Level: K-2nd

Objective: Students will learn basic tips to avoid choking and will be able to identify common items that could block an airway.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

- Index Cards

Quick Facts:

- Someone experiencing mild choking will be able to cough and are encouraged to do so.
- Never put your hand in someone's mouth to help clear the blockage.
- If someone is choking, quickly find an adult to help.
- Never give your food to someone else, as it may be a hazard.
- Always thoroughly chew your food.
- Common items that can cause choking include grapes, carrots, nuts, candies, coins, buttons, and balloons.

Activity: Hazard Stations

Divide the space into five or six stations. Create index cards with pictures of a choking hazard item on each one. Examples include coins, buttons, toys, balloons, pet food, marker caps, rubber bands, gum, grapes, carrots, popcorn, candy, hotdogs, and nuts. Scatter multiple cards at each station. Assign a movement skill to each station. Examples include jumping jacks, frog jumps, hopping, balancing on one foot, crabwalk, and log rolls. Students will perform the movements at each station while spelling the items on the cards out loud. For younger students include the spelling next to the picture on the index card. Each station should last one or two minutes.

Lesson Title: Small Bites

Safety Topic: Choking

Grade Level: 3rd-6th

Objective: Students will be able to identify common ways to prevent and reduce the risk choking.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

Tennis Ball (2)

Medium Ball (2)

Basketball (2)

Beach Ball (2; OPTIONAL)

Quick Facts:

- Someone experiencing mild choking will be able to cough and are encouraged to do so.
- Never put your hand in someone's mouth to help clear the blockage.
- If someone is choking, quickly find an adult to help.
- Never give your food to someone else, as it may be a hazard.
- Always thoroughly chew your food.
- Common items that can cause choking include grapes, carrots, nuts, candies, coins, buttons, and balloons.

Activity 2: Up and Under Relay

Divide students into two teams. Each team will form a line with students facing forward. The first student in each line will hold the tennis ball over their head with both hands. The next student in line will take the tennis ball from the other student's hand and place it between their feet near the ground. The next student will reach low to get the ball then lift it up above their head for the next student in line to get. Students will alternate placing the ball up and down (up and under.) Have both teams start with the tennis ball then progress to the medium ball and eventually the basketball. For the ultimate challenge, have students try to pass a beach ball up and under. Just as it is difficult to swallow large bites of food and other objects, it is difficult to complete this activity with larger equipment. The best way to prevent choking is to take small bites (easy like the tennis ball) and chew thoroughly. It may be beneficial to separate boys and girls in the older grades for this activity.



TIPS FOR TOY SAFETY



CHECK THE AGE LEVEL OF A TOY BEFORE PURCHASING.

Make sure the toy is an appropriate age, skill and technical level for the child.



INSPECT TOYS OFTEN.

Check toys for loose pieces, rips, peeling paint and other signs of wear and tear.



AVOID TOYS WITH SMALL PARTS OR MAGNETS.

Small parts are choking hazards, while magnets can cause internal damage.



BE CAREFUL OF TOYS WITH SHARP EDGES.

Avoid purchasing toys that have sharp points or edges, to prevent injuries.



ONLY PURCHASE QUALITY, STURDY TOYS.

Choose toys that are made well, to prevent breakage and injury.



DO NOT GIVE TOYS WITH DANGLING STRANDS TO CHILDREN.

Strings, ribbons and pulls cords can be a choking hazard to young children.



Friendly Review Questions:

1. What is one of the best ways to prepare for a child who may choke? **Attend a CPR/Choking class**
2. Give an example of things that should be removed from a child/teen before playing or sleeping? **Necklaces or clothing with strings**
3. Cut food for toddlers into _____ pieces. **(tiny)**
4. Should you run or sit when eating and drinking your food? **Sit quietly and eat small bites**
5. Give the teacher/adult examples of small items that should **never** go into your mouth? **Buttons, coins, batteries, toy parts, paper clips, puzzle pieces, marbles, magnets, balloons, etc.**



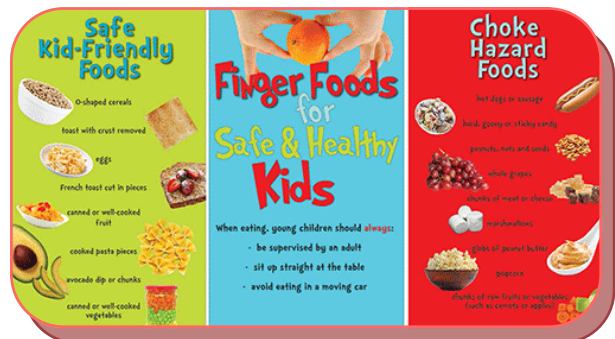
Children
under 5
should not eat
small, round or
hard foods.



Choking and Strangulation Prevention

- Window treatments with cords are among the biggest home safety hazards for children.
- Since 1990, more than 200 infants and young children have accidentally strangled on window treatment cords, according to the Consumer Product Safety Commission.
- The dangling cords are attractive to children, who may become entangled in them.

<http://www.odd fashionedhomemaking.com>



Helpful Resources

Choking & Suffocation Safety

American Heart Association (Find a CPR Course): http://cpr.heart.org/AHA/ECC/CPRAandECC/FindACourse/UCM_473162_Find-A-Course.jsp

American Red Cross (Find a CPR Course): <http://www.redcross.org/ux/take-a-class>

United States Consumer Product Safety Commission—Recalls: <https://www.cpsc.gov/Recalls>

Safe Kids Worldwide—Choking and Strangulation: https://www.safekids.org/safetytips/field_risks/choking-and-strangulation?gclid=CjsKDwjw0cXIBRCxjqnE3K3sHhIkAL1LezSy2YxsAGTtHiJRg1sR88PE5hUAYILGMOzJZWwKgY3-GgIMvD_BwE

