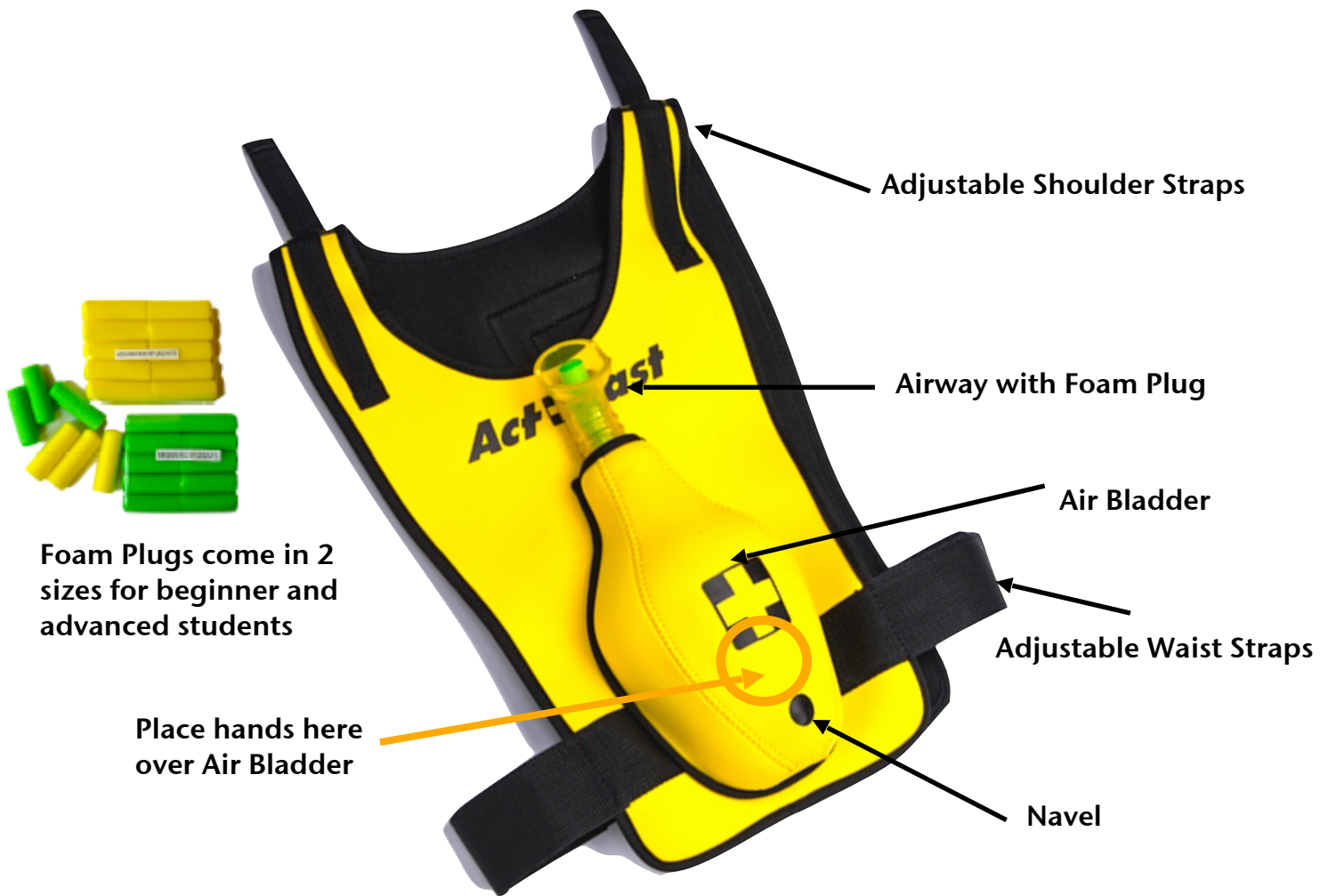
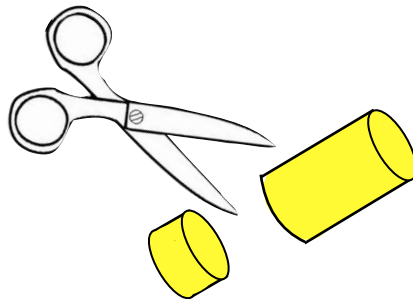


The Anti Choking Trainer



Tips for using the Anti Choking Trainer:

- ✓ To customize the level of ease for your students' needs, the foam plugs can be rolled in your fingertips to soften, or trimmed to shorten. Either method will allow the foam plug to be expelled more easily if needed.



- ✓ Make sure students cinch both the shoulder straps and the waist straps so the Trainer fits properly.
- ✓ Make sure to load the airway with a single foam plug.
- ✓ Remember to be in the classroom at all times during this exercise to monitor student progress.
- ✓ Remind students that correct technique does NOT require a lot of force.