



**DAISY  
SAFETY AWARD**

**Learn how to stay safe on  
your Daisy Adventures!  
When you do, you'll earn this  
important award. Do these  
three steps to earn the  
award.**

**You can use this worksheet to write down what you have done to earn this award.**

**<http://coastalcpr.com/wp-content/uploads/2020/03/Daisy-safety-award-download.pdf>**



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# **STEP 1: UNDERSTAND WHAT TO DO IF YOU GET LOST.**

- **Do you know your phone number?**
- **Do you know your address?**
- **Do you know who is safe to ask for help?**



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# STEP 2: WHAT DO YOU DO IF A FRIEND IS CHOKING?

## Let's learn how to help!

Make a fist with one hand and put it over your belly button. Put your other hand on top. This is where you would put your hands to help a friend who is choking. If someone was choking you would pull your hands back really hard to help get the object out.

### Skill Guide 15: Choking— Child

AMERICAN SAFETY &  
HEALTH INSTITUTE



#### Assess Child

- Ask, "Are you choking?"
- If child nods yes or is unable to speak or cough, act quickly
- If available, have a bystander activate EMS



#### Position Yourself

- If needed, kneel behind child
- Reach around and locate navel
- Make fist with other hand and place thumb side against abdomen, just above navel and below ribs
- Grasp fist with other hand



#### Give Thrusts

- Quickly thrust inward and upward into abdomen
- Repeat. Each thrust needs to be given with intent of expelling object
- Continue until child can breathe normally



#### If Child Becomes Unresponsive

- Carefully lower to ground
- If alone, provide 2 minutes CPR before activating EMS, getting AED
- Begin CPR, start compressions
- Look in mouth for an object before rescue breaths. Remove any object seen
- Continue CPR until obvious signs of life, or another provider or EMS personnel take over



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# STEP 3: LEARN HOW TO DO STOP, DROP, AND ROLL.

Stop

Drop

Roll

You can watch a song and video about Stop, Drop, and Roll and practice!

<https://www.youtube.com/watch?v=85CDI4-kTbI>

[4-kTbI](https://www.youtube.com/watch?v=85CDI4-kTbI)



**CONGRATULATIONS!**

**YOU HAVE EARNED  
YOUR DAISY  
SAFETY AWARD**