

	Title/Description: LifeVac	Approved by: Dr. Ammir Rabadi
	Date: 2/29/24	
		Section: YPS Health Services

The LifeVac Device is a simple airway clearance device that can be used on adults and children. It has been registered with the FDA.

LifeVac is an additional rescue option that is intended to be used after all choking rescue procedures have failed. It could also potentially be used if the abdominal thrust method may be contraindicated, for example, in infants, the elderly, or severely disabled individuals, (See below, Attachment A).

**Full video for instruction: [LifeVac Training Video](#)**

**There should be no delay in the initiation of all First Aid and CPR Protocol's and calling 911 \***

**If an Individual is Choking, (See below Attachment B)**

1. Call or direct someone to call 911, to get the AED, and get the School Nurse.
2. Ask the person, "Are you Choking?" Look for the universal sign.
3. Encourage coughing, if indicated.
4. Administer 5 back blows, if indicated.
5. Initiate the Heimlich maneuver, if indicated.
6. If unconscious, start CPR, place AED and ensure 911 was called.
7. If all First Aid and CPR measures have been taken, LifeVac may be a resource.

**If LifeVac Needed:**

1. Attempt to find the best fitting mouthpiece, (depending on your kit).
2. Place firmly over the mouth and nose with a good seal.
3. Push in handle towards face, this will create suction.
4. Keep your hand on the device and pull the handle up, this will create suction and hopefully pull out the obstruction.
5. This can be repeated up to 5 times.
6. Continue CPR if it does not work.

**\*Continue to follow all YPS Emergency Protocols and consult with the American Red Cross and/or American Heart Association for full First Aid/Anti-choking and CPR training**

LifeVac



**⚠ VICTIM CAN BE STANDING, SITTING OR LYING DOWN.**

Place over mouth and nose creating a good seal with correct sized mask

Push in handle/bellows

Pull handle up sharply

**① PLACE ② PUSH ③ PULL**

The image shows a LifeVac device, which is a clear plastic bellows with a white handle and a blue ring at the base. To the right, three diagrams illustrate the steps: 1. Placing the device over the victim's mouth and nose. 2. Pushing the handle down to create suction. 3. Pulling the handle up sharply to release the suction.

**REPEAT UNTIL BLOCKAGE IS REMOVED OR UP TO 5 TIMES**

**If blockage is not removed begin CPR**



If you save a life using LifeVac,  
and to get your free replacement  
please report it to [www.lifevac.net](http://www.lifevac.net)



# FIRST AID FOR CHOKING



You must act if there are any signs that a person can't speak, breathe or cough.

- SIGNS**
- Universal choking sign
  - Person cannot breathe, cough or speak
  - Person makes high pitched sounds when breathing
  - Lips and finger nails may become blue

**Ask, "Are you choking?"** If the person gestures yes, stand behind the person, wrapping your arms around the person's waist.



Make a fist with one hand



hold it with the other hand against the person's abdomen



between the navel and lower end of breast bone

Provide quick, upward and inward abdominal thrusts (Heimlich maneuver) until the food or object is forced out.

**If the person becomes unresponsive,**

- Call 911 or local EMS Telephone \_\_\_\_\_
- Return to the person
- Lay the person flat on his or her back
- Open his or her mouth
- Remove the object if you see it



- If the object is not seen:
- Tilt his or her head back
  - Begin CPR
  - Look for the object each time you open the airway



- Continue rescue breaths and chest compressions until rescue personnel arrive.