

Essential Safety Tips for A Choke-Free Halloween

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Cincinnati, OH – October 20, 2016- Heimlich Heroes™, a Cincinnati-based nonprofit organization, trains young people how to recognize, respond to, and prevent a choking emergency. This Halloween season, the organization is spreading the word about choking prevention by providing Halloween safety tips.

According to the American Academy of Pediatrics, food causes more than 50 percent of choking episodes. Heimlich Heroes wants parents and kids to be prepared for a choking emergency.

"Kids are running around, laughing and playing at Halloween," said Program Manager Terri Huntington. "When you add small pieces of candy into the mix, there is a higher chance for a choking incident to occur."

Heimlich Heroes provides the following helpful guidelines for parents and kids as the treat-filled holiday approaches:

- No running, laughing or goofing around while eating candy
- Take small bites and chew thoroughly
- Sit upright when eating
- Keep hard, round candies away from small children
- Cut large candies into smaller bites for small children
- Learn the Heimlich Maneuver® in case of a choking emergency

"Halloween is a time to dress up and have fun," said Huntington. "We want to equip parents and kids with the tools and knowledge to prevent a choking emergency so it remains an enjoyable time."

You can read more Heimlich Heroes Halloween Safety tips [here](#).

To register your school or organization for the Heimlich Heroes training program, visit <http://www.heimlichheroes.com>.

About Heimlich Heroes:

Heimlich Heroes, a Deaconess Initiative, teaches kids, grades 2-8, how to recognize, respond to, and prevent a choking emergency. This program teaches a life-saving technique and empowers young people to view themselves as potential heroes. To learn more about the program or to register your school or organization, visit <http://www.heimlichheroes.com>.