



United Hatzalah of Israel

Highlights of the week in Israel

7 April 2009

Dear Friends and Supporters,

This week throughout Israel our 1500 volunteers will sit down at their Passover table ready to spend the evening enjoying their seder but equally ready to jump at a moments notice to help save the life of a person in need. I wish to express my personal appreciation to all of our volunteers and in equal measure to all of our supporters who make this all possible. When our volunteers are out saving lives you are there with them.

Have a Happy and Healthy Passover.

Sincerely,

Eli Beer

Chief coordinator

Getting all Choked Up

As part of its US outreach campaign Batya - Friends of United Hatzalah sent out thousands of placards depicting guidelines how to assist a choking victim. Click on the image below to see a hi-resolution printable version.

A few prevention tips are provided here as well.

Wine and alcoholic drinks can numb sensitive nerves that guide food safely through the back of the throat.

Improperly chewed food, small bones and foreign objects are frequently the causes of obstruction.

For children and infants, toy parts, large pieces of food and tips of pacifiers or bottle nipples are choking risks.

Talking, laughing or running while eating can also impede proper chewing and swallowing.

POST IN A CONSPICUOUS LOCATION
A person chokes when the airway is partially or completely blocked. The person then has trouble breathing and if obstruction is complete, cannot breathe at all. Unless given first aid, the person may die.

First Aid for Choking Adult/Child (Over 1 year)

- Encourage adult or child to relax, breathe deeply and cough to remove object.
- If coughing does not remove the blockage: **CALL FOR HELP**
- Stand patient forward and give 5 back blows with heel of hand between the shoulderblades. checking if obstruction is relieved after each back blow.
- If unsuccessful, give chest thrusts - place one hand in the middle of patient's back for support and heel of other hand in the CPR-compression position and give 5 chest thrusts, steeper but deeper than compressions. checking if obstruction is relieved after each chest thrust.
- If blockage does not clear after 5 chest thrusts, continue alternating 5 back blows with 5 chest thrusts until medical aid arrives.

If patient becomes unconscious:
+ Remove any visible obstruction from the mouth
+ Commence CPR

First Aid for Choking Infant (Under 1 year)

Infants and small children love to put things in their mouths which can result in choking. Toys and hard candies are especially dangerous for children under five years. Toys, food, pen caps and coins may also be responsible.

- If infant can not breathe normally - **CALL FOR HELP**
- Place infant with head downwards on your forearm - supporting head and shoulders on your hand. Hold infant's mouth open with your fingers.
- Give up to 5 sharp blows with the heel of one hand to the back between shoulders - checking if the airway obstruction is relieved after each back blow.
- Turn infant onto back, open mouth and remove any loose foreign material with your little finger.
- If unsuccessful after 5 back blows, give chest thrusts - place infant on back on a firm surface. Place two fingers in the CPR-compression position and give 5 chest thrusts - steeper but deeper than compressions. continue alternating 5 back blows with 5 chest thrusts until medical aid arrives.

If infant becomes unconscious:
+ Remove any visible obstruction from the mouth
+ Commence CPR

Help save lives by making your generous contributions check payable to: United Hatzalah of Israel, 10000 Wilshire Blvd, Suite 100, Los Angeles, CA 90024. Tel: 310-441-1111. Website: www.israelrescue.org

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Accident Prevention

With the Passover vacation in full swing United Hatzalah medics throughout Israel are responding to a spate of seasonal related calls. Children drinking or being exposed to toxic cleaning supplies, falling from stepladders and other preventable accidents.

Always aware that the best medical treatment is prevention United Hatzalah has expanded its "Safe Family" training campaign. It includes courses for families in emergency first aid, CPR and of course accident prevention.

United Hatzalah spokesperson Yerach Tucker was interviewed on radio and elaborated on many of the points our instructors discuss in the course of the classes. Tucker pointed out that insufficient supervision and awareness is often a contributing cause of childhood accidents.

Drivers also need to be aware of the increase of children on the roads especially when they are on unfamiliar roads.



Volunteer Appreciation



Passover is a time for friends and families to get together and appreciate their closeness. At United Hatzalah our volunteers feel a similar sense of kinship and camaraderie.

In appreciation of their commitment to the goals and values of our organization we always try to provide our volunteers with a tangible sense of our appreciation.

Another element of Passover is caring for the less fortunate. I have asked all regional coordinators if any members of our United Hatzalah family are feeling the affects of the economic downturn.

Sadly, the needs that exist within the broader community also exist within our ranks as well. We have started numerous discreet financial assistance initiatives. These include a free-loan fund, steeply discounted coupons from appreciative store-owners and when needed even food packages. If you wish to be a part of this initiative click [here](#) and in the comments section please earmark the donation "Savings for Lifesavers".

Thank you to all who have given us the opportunity to continue our work. We hope you will continue to support us in the future.

United Hatzalah is the largest emergency rescue volunteer organization in Israel which, working hand in hand with MDA has the endorsement of the leading Rabbis in Israel. **United Hatzalah** has branches in almost every city in Israel from the Golan Heights in the north to Eilat in the south.

