

# Your gift at work



## Megan

**M**egan Martin, of Hilliard, met her husband Dave when they both worked at Anheuser Bush. He was 46 years old and she was 34 when they married in 1983. "We were soul mates," Megan shared. Dave was a large man-6'5" tall and a good 300 pounds when he was diagnosed with cardiomiopathy. Megan signed up for a Red

Cross CPR class so that she would know what to do should her husband experience a problem with his heart.

Megan learned not only about CPR in the class, but also how to perform an abdominal thrust, commonly referred to as the Heimlich maneuver. Thinking of her husband, Megan said she asked the Red Cross volunteer instructor what she should do since "I can't get my arms around him." The instructor explained different options, one of which is to have the choking victim apply abdominal thrusts themselves by using a chair. It wasn't long after this when Megan was called upon to utilize her new skills.

While on vacation at an old Inn in Kentucky, Megan came out of the shower to find Dave looking at her with panic on his face. She automatically thought he was having a heart attack, but then the training she received from the Red Cross "kicked in." She remembered that if one isn't able to talk, their airway is likely blocked. So, when Dave shook his head that he couldn't speak and pointed to his throat, Megan realized he was choking. "I tried to put my arms around him from behind, but it didn't work," Megan explained. "I looked around the room and saw a large wingback chair and remembered what the Red Cross instructor said. I told Dave, 'you're going to have to trust me,'" and showed him how to push himself up against the chair."

After three attempts, the object came loose from Dave's throat. "If I hadn't have taken that class, I would not have known what to do," said Megan. The class was extremely helpful to me. If it hadn't been for the American Red Cross, I don't know how this situation would have turned out," Megan concluded.



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