Quick Facts

Hero:

Andy Dale, soccer referee

Age:

Adult

Learned Skill:

Received Heimlich Maneuver training

Saved:

Eight-year-old boy watching the soccer game

"When you see a choking person, you don't wait to ask permission. You do something..."

EVERYDAY HERO STORIES:

Youth Soccer Referee Saves Boy's Life

Eight year old Leo Tessier and his dad, Ed, recount what happened on one of the scariest days of Leo's young life.

"I was eating Hot Cheetos and I was holding a bottle cap against the side of the water bottle with one finger," said Leo Tessier who was in the stands watching the soccer game.

"I was juggling the bottle and cap in one hand and Cheetos in the other, then I took a sip. When I did, the cap slipped into my mouth and it startled me, and I took in a big breath and the bottle cap logged in my trachea." Leo immediately started choking and motioned that he needed help.

Leo and his hero Andy Dale

People in the crowd saw the commotion, including referee Andy Dale, who instantly knew something was very wrong.

Dale said, "When you see a choking person, you don't wait to ask permission. You do something."

Leo's father said Andy jumped into action. "Referee Andy was the calm and cool and collected one and just walked right in and took over."

"I noticed Leo was choking," Dale said. "My training kicked in and I started performing the Heimlich Maneuver. I was shocked to see it was a bottle cap! It took several tries and a lot of effort."

Paramedics took Leo to the hospital and they could see the abrasions on his throat. But, he is okay. Leo is now telling others what to do if they are choking.