



## Quick Facts

**Hero:**

Caitlin Kiliany

**Grade:**

12

**Learned Skill:**

Lifeguard Training

**Saved:**

Classmate

*"I might die. It might just all end here, and that's a very sobering thought to have."*

*- Joshua*

EVERYDAY HERO STORIES:

# From Friend to Heroine

When 17-year old Caitlin Kiliany saw her friend and classmate Joshua Peters choking on a chicken tender while they were on a fieldtrip together, she knew exactly what to do. Thanks to her lifeguard training, she was able to see that Joshua was choking and successfully performed the Heimlich Maneuver® on him.

Joshua later remarked that while he was choking he thought "I might die. It might just all end here, and that's a very sobering thought to have."



*Caitlin Kiliany (far left) and Joshua Peters (far right)*

Joshua sought medical attention after the fact, and though he was anxious, he was still able to perform that night in the opening performance of the high school's musical "South Pacific" in which he had a leading role. Ironically, Caitlin played a nurse in the musical!

Caitlin also reflected on the emergency, saying "[Joshua] told me he was very, very grateful for what I did. He was so happy I was there." Both of them were surprised that nobody besides Caitlin knew the Heimlich Maneuver when the situation arose. They are now advocating for First Aid and Heimlich Maneuver training in their schools, and Caitlin affirms that "It's an important skill to have," when someone is choking.