



**START WITH WHOLE GROUP:**

1. Take a moment to tell your participants what to expect during today's training. They will: do a virtual online lesson with a final quiz.
  - a. Once in the classroom, they'll see a demonstration and if training dolls are on hand, get actual practice. They will also have time for Q&A and will complete a short survey.
2. Distribute the **link, your email address**, and the **Student Survey** to the participants.
3. Once back in the classroom or in a virtual meeting, have the participants stand and practice finding their own diaphragm by putting the pinky side of their fist against their own navel and rolling up until the thumb side is against their abdomen.
4. Then take some time to **demonstrate** both the **upright and unconscious Heimlich Maneuver®** procedure to the participants:
  - a. **ASK – Say to the training doll (or victim), “Are you choking?”**
  - b. **SHOUT – Look around, “Hey, I need help! YOU (point to someone specific), call 911, s/he’s choking!”**
  - c. **BEGIN – Tell the victim, “I am going to begin the Heimlich Maneuver” Show participants how to use the training doll both in the upright and unconscious (laying down) positions**
  - d. **STOP – Tell the participants “Stop once the object is dislodged. You may have to do it several times before that happens.”**
  - e. **GO – Tell the victim, “You need to go to the doctor to make sure you are okay.”**

**DO NOT USE THE DOLLS TO DEMONSTRATE THE SELF-HEIMLICH!**

If you have not previously purchased the training dolls, [please skip ahead to step 10.](#)

If you have purchased the dolls continue here:

5. Divide participants into smaller groups based on the number of dolls you have ordered (12 -15 participants/doll is recommended). **Caution them to handle the training dolls with care.**
6. Appoint helpers to support/guide each group with the practice.
7. Distribute one training doll and several foam pieces per group. **Foam pieces should be squeezed on the sides a few times before you insert them into the doll's mouth.**

**ONCE IN THE CLASSROOM MOVE TO SMALL GROUPS:**

8. \* Practice the Heimlich Maneuver® on the training doll while holding upright and then switch to when the doll is laying on the ground (the unconscious victim). **Note: The torso of the doll is shorter than that of a human – the fist should be just above the navel and below the hard edge of the ribcage.**



9. \* When in the UNCONSCIOUS position **say**: “Remember, when a person goes unconscious from choking, the American Heart Association guidelines suggest that you start CPR - ***BUT ONLY IF*** you are trained in CPR. Since we are not training you in that today and 911 help should be on the way, we will continue to try to unblock the airway by kneeling over top of the victim and performing the Heimlich Maneuver as you saw demonstrated.”
10. **If no training doll is available, you will not actually practice doing the Heimlich Maneuver. Simply pretend to practice the steps below.**  
**If a training doll has been arranged, make sure the participants follow the: “ASK, SHOUT, BEGIN, STOP, GO” routine EACH TIME they practice with the doll.** They may be shy about this, but it needs to be practiced so they will feel confident when the need is real.
11. **REMIND** participants that we NEVER do the Heimlich Maneuver when we are joking around – only in times of a choking emergency.

**\*If the foam comes out too easily**, begin using a new piece of foam (throw the old piece away – they get worn down after several uses). **If it is very difficult to get the foam to pop** out from the mouth, check that the hand placement is correct. After 5 tries, say “Oh no, she/he has gone unconscious!” Have the person lay the training doll on the ground and unblock the airway that way. Wait until others have been successful and let the person that was having difficulty try again.

**RETURN TO THE WHOLE GROUP:**

12. Allow a few minutes for questions and student impressions (what they learned, what surprised them, etc.).
13. Ask them to fill out the **participant survey** and hand back to you when finished.
14. Follow steps for **After the Training** on the **Getting Started Guide**.