

Heimlich Heroes Doll and Training Items

Review by Audrey Tolle

Heimlich Heroes, A Deaconess Initiative
1-513-559-2468
330 Straight Street, Suite 330
Cincinnati, OH 45219
<http://www.heimlichheroes.com>

Heimlich Heroes believes that anyone can save a life when someone is choking. They have made it their mission to train and equip children, teens, and adults on how to identify when someone is choking, how to properly administer the Heimlich maneuver when necessary, and how to reduce the chances of choking.

I was provided with everything needed in order to perform a couple of classes for each age group, including instructions, training videos, workbooks, certificates, and the Heimlich Heroes Doll. The website provided lots of additional support and material, including curriculum/class ideas.

I was able to do a training class for our homeschool co-op with 15 students ages 7-12. The trainer's script walks you through step by step what you should say and go over. Each of the students were able to discuss the material and show that they understood it and practice the Heimlich Maneuver on the doll, which is very sophisticated and gives great hands-on practice. They were able to chant "Ask, Yell, Start, Stop, Go!" and know what all those steps represented.

- 1) Ask if they are choking
- 2) Yell for someone to call 911
- 3) Start the Heimlich maneuver
- 4) Stop once the object is dislodged
- 5) Go to the hospital to check for any damages.

They were able to determine where the diaphragm is located and how to thrust so that the object is freed. The students gained a life-saving skill and felt empowered and confident that they could use it if needed.

Student and parent feedback showed that this is such a valuable tool. Each were thankful for the opportunity for their child to learn this life saving training. The DVD is geared towards younger children was designed to target their attention and meet them where they are at developmentally. There is a separate DVD that can be used for teens and adults.

This program is so well done and is affordable for any class or group to do. You can purchase the Heimlich doll for \$150 or rent the doll for \$35, but the training kits are free. I will definitely offer opportunities for other homeschool groups that I am in to learn this maneuver and earn the title "Heimlich Hero!"

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