



FREQUENTLY ASKED QUESTIONS

Mission: "Prepare people to recognize and respond to a choking emergency, using the Heimlich Maneuver®."

Vision Statement: "To eliminate preventable choking deaths by providing training for all ages to: recognize the signs of choking, understand how to properly respond with the Heimlich Maneuver, and discover ways to prevent or minimize the risk of choking."

What is Heimlich Heroes™?

Created by Deaconess Associations, Inc., Heimlich Heroes is an educational program that teaches young people the proper way to perform the Heimlich Maneuver so they can confidently step forward and save a life.

What is the main focus of this program?

To teach people:

- To recognize the signs of choking
- When and how to appropriately respond with the Heimlich Maneuver
- Ways to prevent or minimize the risk of choking

How does it work?

Our video driven training is easily facilitated by an adult leader. The participants will use age appropriate note-taking tools and the leader receives step by step instructions. Heimlich Heroes can be used in both school and afterschool organizations.

What materials do you have?

- Comprehensive online training videos and DVD's
- 42", specially designed, plush training dolls for hands-on practice
- Age appropriate note-taking tools and Certificates of Completion accompany the leader packet in our FREE Basic Kit
- Additional training materials include bookmarks, wristbands, posters, t-shirts, and fun scout patches
- Finally, the expanded classroom curriculum (grades 6-8) provides teachers with lesson plans that meet the current science standards and can be expanded further into the areas of science, health, engineering, math and language arts.

Can you tell me more about the training dolls?

Heidi and her friends Hank, Kimi, Marcus, and Andy are specially designed training dolls which allow students to get "hands-on" practice. They feature an internal diaphragm, lungs, and a windpipe along with a visible belly-button. Students gain confidence and actual experience in doing the Heimlich Maneuver on these life-like dolls. Correct application allows the participant to save the choking victim as a piece of foam "food" pops from its mouth.

Our users have all agreed, it is well worth the investment to rent or purchase this tool.

Why the Heimlich Maneuver?

Choking is currently the 5th leading cause of accidental death in the United States according to the most recent report from the Center for Disease Control (CDC). That means about 5,000 people choke to death in the United States every year, and the simplest first aid action proven to prevent a choking death is the Heimlich Maneuver. Over 100,000 lives have been saved with this technique since its inception in 1974.

Is the Heimlich Maneuver recognized as the best method for helping choking victims?

The Heimlich Maneuver remains the best method for clearing a blocked airway of a child or adult and is supported by medical authorities such as: Johns Hopkins Hospital, the American College for Emergency Physicians, and the American Heart Association.

Who is this training for?

Training is now available for elementary school ages up to adult. We have videos and age appropriate note-taking tools available for:

- Grades 1-3, English and Spanish
- Grades 4-7, English and Spanish
- Grade 8 – Adult, English

Why train such young children?

Typically kids will not learn about this method until high school, if at all. Heimlich Heroes believes anyone can save a life. Our Heimlich Heroes Facebook page shows many real stories and testimonials about kids who have saved siblings, friends, fellow students, etc. because they became familiar with the Heimlich Maneuver at a young age. It is a lesson that lasts!

How are you funded?

We are primarily funded by the Deaconess Associations Foundation; we also invite corporate and foundation sponsors, and individuals like you who believe in our mission to join us in this effort to educate kids and adults on this simple, life-saving technique.

Schools and afterschool organizations often do not have the resources to pay for these types of programs. All donated monies provide the Basic Kit materials which are provided to the user at no cost. You can donate to our program through our website.

How do I order this program?

When you register through our website: HeimlichHeroes.com, order:

- (1) Free Basic Kit
 - The kit is customized based on student grades and language preferences listed when you checkout
 - Includes:
 - Leader Packet with script
 - Training DVD
 - Flipbooks (grades 1-3) | Trifold Organizers (grades 4-7) | Notepager (grade 8-adult)
 - Certificates of Completion
- Anything else that you want to purchase/rent (dolls, posters, bookmarks, patches, curriculum, and the like)

At checkout, list the number (and language preference) of students:

- **Grades 1-3.** Since notetaking skills are not yet developed, our flipbook notes tool has most answers already written in for these students.
- **Grades 4-7.** Our trifold organizer allows these students to interact more with the video training while they first write what they know and then add what they've learned.
- **Grade 8-adult.** The notes page for this group is less structured and they use a different video than grades 1-7.

What payment types do you accept?

Pay by PayPal, Credit Card or Purchase Order

- If you are using a purchase order, you will need to enter the PO number at checkout, and email a copy of the purchase order to our office: HeimlichHeroes@deaconess-cinti.com. Purchase orders are offered as a courtesy and may only be used by schools, YMCA, BGCA, and other businesses with permanent locations who have this need. Online payment is our preferred payment method.