



SCRIPT WHICH ACCOMPANIES THE TRAINING VIDEO

START WITH WHOLE GROUP:

1. Take a moment to tell the students what to expect during today's training. They will: watch a video, take notes, see a demonstration, get actual practice (if training dolls are on hand), have time for Q&A, and complete a survey.
2. Hand out one Tri-fold Organizer or Flipbook to each student along with a writing utensil. Have them write their name on the front. *(Note: the content is the same for both of these tools, but the video shows the Tri-fold organizer as this group will take more notes).*
3. **Watch the Student Video** – TELL kids to take notes as they watch.
 - a. You will need to MANUALLY PAUSE the video when prompted for students using the Trifold Organizers. Take your cue from the students, and restart when most have finished writing. Those using the Flipbook will not need as many video pauses.
4. As the video ends, take some time to **demonstrate** both the **upright and unconscious** Heimlich Maneuver procedure to the students:
 - a. ASK – **Say to the training doll (or victim), "Are you choking?"**
 - b. SHOUT – **Look around, "Hey, I need help! YOU (point to someone), call 911!"**
 - c. BEGIN – **Tell the victim, "I am going to begin the Heimlich Maneuver" Show students how to use our training doll both in the upright and unconscious (laying down) positions***
 - d. STOP – **Tell students "Stop once the object is dislodged. You may have to do it several times before that happens."**
 - e. GO – **Tell victim, "You need to go to the doctor now to make sure your throat is not damaged."**

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

If you have rented or purchased training dolls continue here –

if not, skip ahead to step 10:

5. Divide students into smaller groups based on the number of dolls you have received (10 -12 students/doll). **Caution the students to handle the training dolls with care.**
6. Appoint adult helpers to support/guide each group of students.
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.**

(CONTINUE ON REVERSE SIDE)



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).
9. * When in the UNCONSCIOUS position **say**: “Just so you know, 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. We will not practice that today. If you are not trained on CPR, then you 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. **MAKE SURE THE STUDENTS FOLLOW THE “ASK, SHOUT, BEGIN, STOP, GO” routine EACH TIME they practice.** 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 because you could seriously hurt someone. We only use the Heimlich in times of a choking emergency (it is better to be hurt than for someone to die because no one tried to help them).

***If the foam comes out too easily**, begin using a new piece of foam (throw the old piece away – they get worn down after a number of 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 do the Heimlich Maneuver that way. Remind them 9-1-1 has already been called, so we will continue to try to unblock the airway. Wait until others have been practiced and allow those having difficulty to 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 **student survey** and hand back to you when finished.
14. Follow steps for **After the Training** listed on your **Getting Started Guide**.