

PERFORMANCE CHECKLIST

(Optional – may use checklist from certification)

Name _____

Performing Heimlich Maneuver

To be completed by instructor during observation of 100%, unassisted mastery of procedure. Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.

Equipment: No equipment.

Conscious victim:

- _____ 1. Ask person who appears to have choked but who is **not** coughing, “Are you choking?”
- _____ 2. Determine that victim can not expel object on own and state that you will help.
- _____ 3. Stand behind victim.
- _____ 4. Wrap arms around victim’s waist.
- _____ 5. Clench fist, keeping thumb straight.
- _____ 6. Place clenched fist, thumb side in, against abdomen between navel and tip of sternum.
- _____ 7. Grasp clenched fist with opposite hand.
- _____ 8. Push abdomen forcefully with upward thrusts until object is removed, victim starts to cough, or becomes unconscious.

Chest thrusts for obese victim:

- _____ 1. Stand behind victim.
- _____ 2. Place arms around victim directly under armpits.
- _____ 3. Form fist and place thumb side of fist against sternum, level with armpits.
- _____ 4. Grasp fist in opposite hand and administer thrusts, pulling straight back, until object is removed, victim starts to cough, or becomes unconscious.

Unconscious victim with obstructed airway:

- _____ 1. Place victim on back.
- _____ 2. Activate EMS system.
- _____ 3. Finger sweep mouth to remove object.
- _____ 4. If unsuccessful, open airway with head-tilt/chin-lift maneuver.
- _____ 5. Try to ventilate; if still obstructed, reposition head and try to ventilate again.
- _____ 6. If ventilation unsuccessful, give five abdominal thrusts:
 - _____ a. straddle victim’s thighs or kneel next to victim
 - _____ b. place heel of one hand on abdomen above navel

- ___ c. place other hand in same position over first
- ___ d. keep elbows straight and thrust inward and upward five times
- ___ 7. If unsuccessful, finger sweep mouth.
- ___ 8. Repeat steps 4 –7 until effective or EMS arrives.

Pass _____ Instructor's Signature _____ Date _____

The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. 2005