**«First aid of foreign body obstruction of the upper airway. Heimlich maneuver»**

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| **№** | **Step** | **Step-by-step actions when performing a skill** |
| 1 | Identify signs of suffocationCall an ambulance | Identified signs of asphyxiation (no voice, no speech, panics, tries to escape, cramps at the throat or neck) and asked for an ambulance.  |
| 2 | To clarify the patient's well-being | Asked the victim: «Are you choked?» |
| 3 | Ask of the patient's consent | Said the standard phrase : «I can provide emergency assistance. Can I help you?»  |
| 4 | Determine the possibility of self-healing | Determined the possibility of self-repair with the question: « Can you talk, breathe or cough ?» |
| 5 | Tilt the victim forward at the waist | Tilted the victim forward at the waist, about 90 degrees, if it’s possible. |
| 6 | Make 4 slaps on the back  | With the palm of the right/left hand, performed 4 slaps on the back between the shoulder blades. |
| If it didn’t help !!! |
| 7 | Stand behind the victim | Stand behind the victim. |
| 8 | Wrap arms around the victim | Wrapped arms around the victim, placing the fist of the right hand with the thumb at a point two fingers above the navel.  |
| 9 | Properly install the second hand | Put the other hand on the fist of the little finger.  |
| 10 | Grasp the fist with the brush of the second hand and make a sharp push in the direction of inward and upward | Turned elbows outwards , so as not to squeeze the ribs from the sides. Performed sharp clicks in the direction of inside and up until the victim gets rid of the blocking object or loses consciousness. If the victim has lost consciousness, started CPR.  |