Checklist of the practical skill "Conducting Heimlich's reception in the victim in consciousness"

FULL NAME. student _____ Group, faculty _____ Date

N⁰	Act	1*	0.5**	0***
1	Squeeze one hand into a fist, and with the side	50.0		0
	where the thumb is located, put it on the			
	victim's stomach at the level between the			
	navel and the costal arches (in the so-called			
	epigastric region of the abdomen)			
	• the hand is not clenched into a fist		25.0	
	wrong application location			0
2	The palm of the other hand is placed over the	50.0		0
	fist. With a quick push up, the fist is pressed			
	into the stomach. In this case, the arms must			
	be sharply bent at the elbows, but do not			
	squeeze the victim's chest			
	• the hand does not go up, but towards itself		20.0	
	• the chest is compressed		5.0	
	Total	100.0	50.0	0

* completed completely; ** incompletely executed (with errors); *** did not comply

