



American
Heart
Association.

**LEARN CPR.
SAVE A LIFE.**



Community CPR Training Guide

www.Heart.org/Community #CPRwithHeart



Every Second Counts in Cardiac Arrest

Be a part of the next Generation of Lifesavers™

You never know when you'll need to save a life. We can help make sure you are ready with a variety of courses and training kits designed to prepare you for real life situations.

About 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a person's chance of survival.

The American Heart Association wants all students and educators to learn CPR, putting more qualified lifesavers in our communities to save more lives.

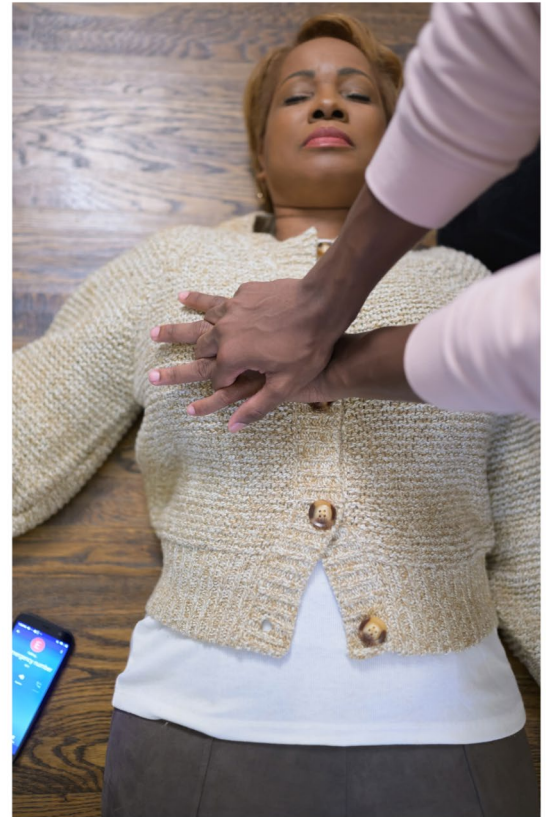
With training kits available for audiences including schools, PTAs, communities, sports facilities, or families, the American Heart Association Community Training Kits share the following benefits:

1. Easy-to-use self-directed training kits are designed precisely for educational or community environments and can be facilitated by anyone in about an hour
2. Train and educate one individual or hundreds of students, teachers, staff, and families in CPR, AED use, and choking relief
3. Increase participant knowledge in calling 911, and when and how to perform Hands-Only CPR.
4. Increase student confidence in performing CPR and using an AED in a cardiac emergency.
5. Larger training kit options contain everything needed to train 10 to 20 people at once in basic First Aid, CPR, and AED use. Repeat the process to train a class, a grade, a sports team, a corporation, or a community organization as many times, as needed.

9 out of 10 cardiac arrest victims who receive a shock from an AED in the first minute live.



Learn Hands-Only CPR



It only takes **Two Steps to Save a Life. Learn **Hands-Only CPR + AED** and be prepared when every second counts.**

If you see a teen or adult collapse suddenly, it is important to act fast.

- Call 9-1-1 and get an AED
- Place the heel of one hand in the center of the chest and put your other hand on top of the first (interlocking your fingers)
- Start CPR immediately by compressing hard and fast in the center of the chest until help arrives.

Your actions could help save a life.
Learn more at www.heart.org/handsonlycpr

Cardiac Emergency Response Plan Checklists

www.Heart.org/CERP

Do you have a Cardiac Emergency Response Plan?



Are you ready?

Become a part of the Nation of Heartsavers with the American Heart Association Cardiac Emergency Response Plan and be prepared to act in an emergency with three simple steps: **Share**, **Practice**, and **Activate**.

The American Heart Association has developed three Cardiac Emergency Response Plan checklists for [Schools](#), [Sports Facilities](#) and [Community](#) organizations. [Download the checklist](#) that works best for your organization and establish the specific steps to reduce death from cardiac arrest in any setting.

Build Your Own Cardiac Emergency Response Plan
The American Heart Association has created an easy-to-use Cardiac Emergency Response plan to help assist you in preparing your location to act in an emergency.

[Download the Cardiac Emergency Response Plan](#)

Cardiac Emergency Response Plan Schools Checklist

The American Heart Association (AHA) wants all students and educators to learn First Aid, CPR and AED to create the next Generation of Heartsavers® prepared to act in an emergency, putting more qualified lifesavers in our schools and communities.

About 9 in 10 cardiac arrest victims who receive a shock from an AED in the first minute live. During cardiac arrest, CPR can double or triple a person's chance of survival.

It is imperative for schools to establish a Cardiac Emergency Response Plan (CERP). The following checklist contains the minimum steps to include in your plan:

- Establish a school Cardiac Emergency Response Plan (CERP) and Team.
- Share the CERP at your school site. Ensure the plan is integrated with local emergency medical services, fire and police (if applicable). Post the CERP in key locations throughout the school.
- Implement Automated External Defibrillator (AED) placement and a routine maintenance schedule within the school (similar to fire-extinguisher protocols).
- Schedule and maintain ongoing school faculty and staff training in First Aid CPR AED.
- Educate as many people as possible in Hands-Only CPR (which can be used for teens and adults). If feasible, include information on rescue breathing and/or conventional CPR in your schools.
- Practice the CERP plan using routine drills (similar to fire and lock-down drills).
- Activate the CERP Team in response to a Sudden Cardiac Arrest (SCA).
- Review and evaluate the school emergency plan on a consistent annual basis. If an SCA event occurs, debrief immediately post-event to identify opportunities for improvement.
- Download the detailed AHA [CEEP](#) implementation plan information.

Share Practice Activate

Cardiac Emergency Response Plan Sports Checklist

The American Heart Association (AHA) wants all coaches, athletes and parents to learn First Aid, CPR and AED to create the next Generation of Heartsavers® prepared to act in an emergency, putting more qualified lifesavers on our sports facilities and fields in communities.

About 9 in 10 cardiac arrest victims who receive a shock from an AED in the first minute live. During cardiac arrest, CPR can double or triple a person's chance of survival.

It is imperative for sports events and facilities to establish a Cardiac Emergency Response Plan (CERP). The following checklist contains the minimum steps to include in your plan:

- Establish a Cardiac Emergency Response (CERP) Plan and Team.
- Share the CERP at your sports facility site. Ensure the plan is integrated with local emergency medical services, fire and police (if applicable). Post the CERP in key locations throughout the sports facility.
- Implement Automated External Defibrillator (AED) placement and a routine maintenance schedule within the sports facilities (similar to fire-extinguisher protocols).
- Schedule and maintain ongoing sports facility staff First Aid, CPR and AED training.
- Educate as many people as possible at the sports facilities in Hands-Only CPR (which can be used for teens and adults). If feasible, include information on rescue breathing and/or conventional CPR.
- Practice the CERP plan using routine drills for indoor and outdoor sports facilities (similar to fire and lock-down drills).
- Activate the CERP Team in response to a Sudden Cardiac Arrest (SCA).
- Review and evaluate the plan on a consistent annual basis. If an SCA event occurs, debrief immediately post-event to identify opportunities for improvement.
- Download the detailed AHA [CEEP](#) implementation plan information.

Share Practice Activate

NEW! CPR Anytime®

www.Heart.org/CPRAnytime



NEW Adult & Child CPR Anytime® Training Kit

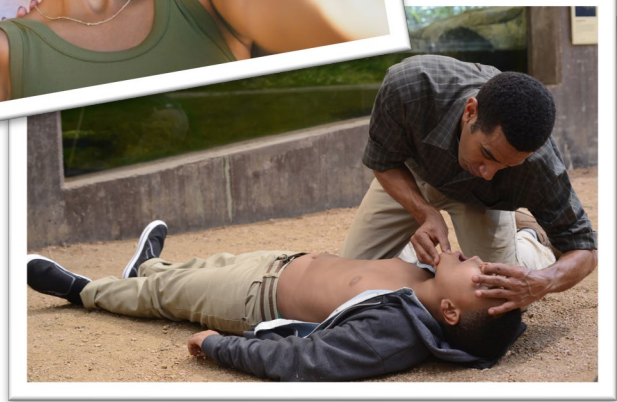
The new Adult & Child CPR Anytime® Training Kit contains everything you need to learn the lifesaving skills of CPR, AED awareness, and choking relief in about 30 minutes. CPR Anytime allows you to learn in the comfort and privacy of your home or workplace. Plus, the new kit includes an exclusive Adult & Child CPR Anytime® Interactive App to enhance your CPR and AED training experience. CPR Anytime kits also can be used to train small groups and community organizations.



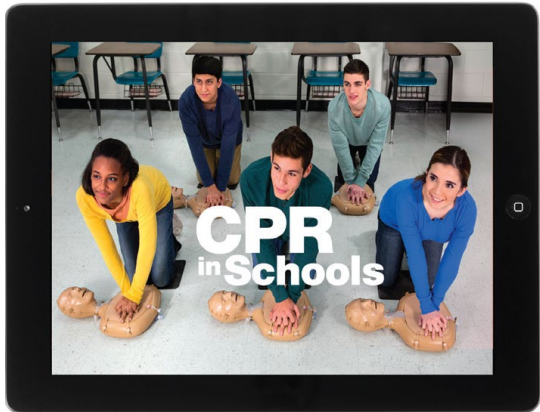
NEW Infant CPR Anytime® Training Kit



Infant CPR Anytime® training kit contains everything you need to learn the lifesaving skills of infant CPR and infant choking relief in about 30 minutes. The kits can be used in hospital labor and delivery programs, including neonatal intensive care units (NICUs), to teach skills to new parents. Infant CPR Anytime now includes an exclusive Infant CPR Anytime® Interactive App to enhance your Infant CPR training experience. This training is for anyone who does not need a course completion card to meet a job requirement.



www.Heart.org/CPRinSchools



The American Heart Association's CPR in Schools Training Kit™ enables students to learn the lifesaving skills of CPR in just one class period. Plus, the kit teaches AED use and choking relief. The easy-to-use kit is designed specifically for the needs of schools. The kit's wheeled bag allows for convenient movement from classroom to classroom and easy storage. It's also reusable – one kit can train hundreds of people.

CPR in Schools: First Aid™. This educational, easy-to-use program is designed to teach middle and high school students, teachers, and staff the first aid skills they need to be prepared to act in an emergency. Each CPR in Schools: First Aid eBook comes with a supplementary streaming video, and any student or teacher can facilitate the video's modules within one class period. CPR in Schools: First Aid can be used as a standalone course or in conjunction with the American Heart Association's CPR in Schools™ Training Kit.



CPR In Schools® Training Kit

CPR & First Aid Anywhere™

www.Heart.org/CPRFirstAidAnywhere



Anyone. Anytime. Anywhere. Learn and teach the lifesaving skills of CPR and First aid with our CPR & First Aid Anywhere™ Training Kit. Easily facilitated by anyone, this video-based kit can be used to train hundreds of individuals.



CPR & First Aid in Youth Sports™

www.Heart.org/CPRFirstAidInYouthSports

The American Heart Association wants youth sports coaches, parents and athletes to know how to help in an emergency--both on and off the field. The easy-to-use CPR & First Aid in Youth Sports™ Training Kit is designed for youth coaches to ensure they and their community know the lifesaving skills of CPR, how to use an AED, and how to help during sports related emergencies.

During the training session, CPR and first aid skills are taught using the AHA's research-proven practice-while-watching technique. The portable kit contains everything needed to train 10 to 20 people at once in CPR & sports related injury first aid.



Need more information on training kit options for your groups, reach out to us. We're here to help.

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Territory Map by
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Get more information on
Community Training Kits at
www.Heart.org/CPR

