Student User Guide
Getting Ready for Heartsaver Virtual Training
A quick guide for setup

1. Gather the required equipment
   Materials and equipment that students need:
   - Heartsaver First Aid CPR AED Training Kit
   - Smart mobile device
   - Laptop or tablet with webcam
   - Reliable internet access
   - Highlighter or pen, if you’re taking First Aid

2. Prepare your manikin
   - Unpack your manikin.
   - Inflate it as much as you can. (Pinch the valve stem between breaths to minimize air leakage.)
   - Reinsert the stopper into the tube.
   - Practice pushing on the manikin’s chest and giving breaths. It’s important to be familiar with your manikin before you start your virtual skills session.

3. Prepare for the call
   - Place your laptop/tablet on the floor in front of you. You might have to elevate the laptop/tablet on a book or table to see the screen properly.
   - Place your manikin directly in front of you.
   - Place your mobile device faceup on the floor between the manikin and the laptop/tablet so that your device’s front-facing camera can detect your compressions by your head movements.
   
   NOTE: The distance and height of your laptop might need to be modified until you can see the screen and your instructor can see you and your hand placement, the manikin, and the feedback app.

Mobile Device Requirements
- Phones should be fully charged before class
- Screens should be adjusted to maximum brightness
- Privacy screen protectors should be removed from the phone
4. Access the app, join the call
  • To access the Heartsaver Feedback App, use your mobile device to scan the QR code or enter the URL below the code.
  • The app will open in your internet browser. You won’t need to install anything.
  • When your class is scheduled to begin, join the video call (that your instructor scheduled) on your laptop/tablet and wait for the introduction.

5. Correctly place yourself in front of your mobile device
  • Make sure that your head is in the center of the camera frame when you lean over the manikin.
  • The app will detect your compression performance by calculating your head movements.

6. Improve your CPR skills with feedback
   While you are practicing, you will receive feedback on your compression rate. Here is how to interpret the feedback:
   - Green screen with checkmark: Great compressions; continue that pace.
   - Red screen with minus sign: You are compressing too fast; you need to slow down.
   - Blue screen with plus sign: You are compressing too slowly; you need to speed up.

7. Let your instructor observe you and your mobile device’s screen
   During practice and skills assessment, your instructor will observe your CPR posture and your mobile device’s screen to help you improve your skills.