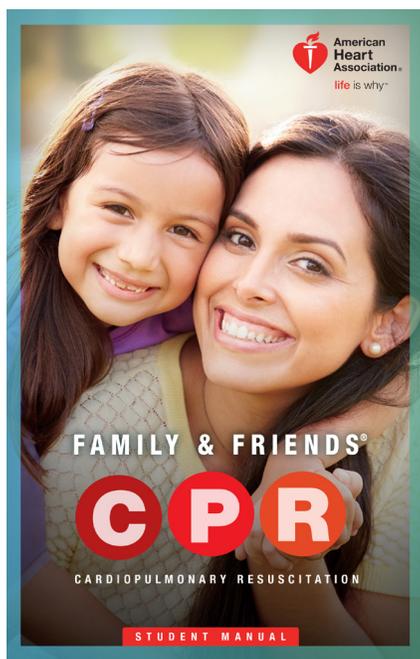


The American Heart Association's Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR, adult and child AED use, infant CPR, and choking relief for adults, children, and infants.

These topics can be presented together or taught separately as stand-alone modules. Skills are taught by using the AHA's research-proven practice-while-watching technique, which allows participants to practice on a CPR training manikin while observing a demonstration of the skills in the course video.

Family & Friends CPR may be taught by an AHA Instructor or led by a facilitator (a community member, family member, or friend) who wishes to pass on lifesaving CPR skills to others.



WHO SHOULD TAKE THE COURSE?

Family & Friends CPR is intended for anyone who wants to learn CPR, but does not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life.

As a facilitated or Instructor-led course, Family & Friends CPR extends the availability of and access to training, so that more people can learn CPR and use their skills to act quickly in an emergency.

COURSE COVERS

- Adult Hands-Only CPR and AED
- Adult CPR With Breaths (Optional)
- Mild and Severe Airway Block: How to Help a Choking Adult (Optional)
- Child CPR and AED (Optional)
- Mild and Severe Airway Block: How to Help a Choking Child (Optional)
- Infant CPR (Optional)
- Mild and Severe Airway Block: How to Help a Choking Infant (Optional)

COURSE MATERIALS

Course materials for Family & Friends CPR include a Student Manual with tear-out participation card and a DVD packaged with a free Facilitator Guide. The Facilitator Guide includes essential information for Instructors and facilitators of Family & Friends CPR classes.

COURSE DELIVERY

Learn the skills to save a life in a group setting led by an AHA Instructor or a facilitator.



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FACILITATED GROUP

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