

Precourse Lesson Plan

Facilitator Tips

Prepare for your role as a CPR & First Aid Anywhere Facilitator. Review the Facilitator Guide, including the Preparing for the Course and Facilitating the Course sections. The time you invest in this part of your preparation is important to everyone's success and will allow the course to run smoothly.

2 Weeks Before the Course

- Watch the CPR & First Aid Anywhere video.
 - Read the entire Facilitator Guide.
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1 Week Before the Course

- Confirm room/space reservations.
 - If you can, tell everyone to wear comfortable clothes.
 - Confirm all equipment is available and in good working order.
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1 Day Before the Course

- Review the Lesson Plans.
 - Make copies of the pre- and post-tests for everyone (optional).
 - Make copies of the Life Is Why activity if conducting this activity (1 per person).
 - Know the location of nearby AEDs in the building where you will be training.
 - Make sure that all technology and equipment are working properly. This will allow you to fix anything that doesn't work before class.
 - Make sure there are extra batteries for the video remote control and for the AED trainer.
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Day of the Course

Get to class early to set up the room and get the manikins ready. The room setup is the key to a successful class. Here are some tips for setting up a room:

- You should be at the front of the room. Leave yourself space.
- Move furniture and other items to the walls so everyone can sit comfortably, arm's length apart, on the floor.
- Everyone must be able to see and hear the video. Put the manikins in a place so that even when people are on their knees practicing, they can still see the video.
- Inflate the manikins by using the hand pump or the pump bag.
 - Insert the 1-way valve into the manikin tube. Ensure that the manikin valve is assembled.
 - If inflating with the hand pump, insert the hand pump nozzle into the 1-way valve and inflate. If inflating with the pump bag, insert the manikin valve onto the pump bag nozzle and inflate according to the directions printed on the pump bag.
 - *Do **not** inflate the manikins by mouth or with the use of an air compressor.*
- When using manikins on the floor, place 1 kneel mat by each manikin.
- The manikins should ideally all face the same way, with their heads lining up with the manikin's head in the video (so that everyone can do exactly what is in the video).
- Have chairs and tables for those who have difficulty kneeling to practice CPR.

Next

Life Is Why
Activity Lesson Plan

Life Is Why® Activity Lesson Plan

8 minutes

Facilitator Tips

- Before facilitating this lesson, complete the Life Is Why activity in the Facilitator Guide. Have your “_____ Is Why” prepared to share with everyone.
- Make additional copies of the Life Is Why activity from the Facilitator Guide for everyone to use.

Pause Video

- Pause the video after the Life Is Why section plays to complete this activity with everyone.

Discussion

- To engage the class, after viewing the Life Is Why video, take 2 to 3 minutes to share your Why with the class, based on your completed Life Is Why activity in the Facilitator Guide.
- Then, encourage everyone to participate in the following activity:
 - Hand out the “_____ Is Why” activity page to each person. Tell everyone:
 - Complete this activity by filling in the blank with the word that describes your Why.
 - Tell your family and friends about your “_____ Is Why”, and ask them to discover their Why.

Facilitator Notes

Next

CPR & First Aid Anywhere Lesson Plan

CPR & First Aid Anywhere Lesson Plan

Facilitator Tips

- Put class participants at ease by talking with them as they come in.
- Be enthusiastic! Enthusiasm is contagious.
- Stay focused. Keep the course on track. This gives everyone the best chance of really learning CPR. Also, it's polite to start and end the course on time. Keeping the course on track respects everyone's time.
- During the practice-while-watching segments, keep everyone doing exactly what the video is showing, at the same time.
- People may have questions. Facilitators are not expected to know all the answers. When people have questions, refer them to the AHA.
- Help overcome fear. Many people are afraid of doing CPR wrong and may be reluctant to give CPR in real life. Doing CPR well is very important to saving lives, but any CPR is better than no CPR.



Discussion: Introduction

- Thank the class for their time.
- Let people know they'll be practicing CPR on manikins.
- Inform the class of when they will have a break.
 - If more than 1 module is being facilitated, you may want to have quick breaks between each module.
- Administer the pretest (optional) before beginning the course.
- Refer to the table below to remind the class what they will learn during the course, how long each module is, and the skills practiced in each section.

Module	Learning Objectives	Practice While Watching
Hands-Only CPR and AED for Teens and Adults (required) 22 minutes	<ul style="list-style-type: none"> • Describe the important differences between heart attack and cardiac arrest • Describe the steps to perform Hands-Only CPR for teens and adults • Perform Hands-Only CPR for teens and adults • Demonstrate how to use an AED on teens and adults 	<ul style="list-style-type: none"> • Steps leading up to CPR • Compressions • Putting It All Together • Using an AED
Adult CPR With Breaths (optional) 6 minutes	<ul style="list-style-type: none"> • Describe the steps to perform CPR with breaths for an adult 	<ul style="list-style-type: none"> • Putting It All Together (optional practice)
Choking in Adults (optional) 5 minutes	<ul style="list-style-type: none"> • Discuss when and how to help a choking adult • Describe how to help a choking adult who stops responding 	<ul style="list-style-type: none"> • No skills practice

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Module	Learning Objectives	Practice While Watching
Child CPR and AED (optional) 7 minutes	<ul style="list-style-type: none">• Describe the steps to perform CPR for a child• Describe how to use an AED on a child	<ul style="list-style-type: none">• Putting It All Together (optional practice)
Choking in Children (optional) 4 minutes	<ul style="list-style-type: none">• Discuss when and how to help a choking child• Describe how to help a choking child who stops responding	<ul style="list-style-type: none">• No skills practice
First Aid (optional) 12 minutes	<ul style="list-style-type: none">• Describe the assessment and first aid actions for<ul style="list-style-type: none">– Bleeding and bandaging– Stroke– Heart attack– Fainting– Diabetes– Seizures– Opioid overdose	<ul style="list-style-type: none">• No skills practice

You will complete the following steps for each module in the CPR & First Aid Anywhere Course that you are facilitating.

Play Video

- The Hands-Only CPR and AED for Teens and Adults module includes instruction and required practice for skills.
- The Adult CPR With Breaths and Child CPR and AED modules include instruction and optional practice for skills.
- For the choking and first aid modules, the video will show only instructions for how to perform skills. Practice is not included.

Video Pauses

- For the modules that include practice, the video will pause for each skill that is practiced after the instruction of the skill.
- During each pause, have everyone get in position at the sides of the manikins per the video instructions.
- Tell the class that they will now practice along with the video for the skill they just learned and that they should do exactly what they see in the video at the same time as it's being demonstrated.
 - As an option, allow people to view the practice segment before they practice as a review of the steps.
- Before practice while watching, ask each person to clean the surface of the manikin face and the mouth cavity with a manikin wipe before beginning, using the manikin wipes provided (do not use antibacterial wipes, baby wipes, tissues, or paper towels).



Practice While Watching: Skills Practice

- Everyone will follow along with the video to complete the steps for each skill.
 - If someone has trouble bending down or getting on his or her knees, accommodate that person (for example, you can place the manikin on a table).
 - If someone can't push deep enough for compressions, have the person lean over the manikin more and straighten his or her arms if needed.
 - If completing the optional Putting It All Together practice segments for the Adult CPR With Breaths and Child CPR and AED modules, refer to the Manikin Maintenance section of this Facilitator Guide.
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Repeat Segment

- Each person will need to complete the Compressions and the Putting It All Together practice segments twice in the required Hands-Only CPR and AED for Teens and Adults module.
 - For any module that includes practice, continue to select Repeat until everyone has had the chance to practice and has mastered each skill.
 - If someone wants or needs extra practice on a manikin, let him or her practice after the class ends.
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Play Video

- Play the video to continue the module, or to move to the next module that you are facilitating.
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Discussion: Conclusion

At the end of class, discuss the following with everyone:

- Administer the post-test (optional) upon completion of the course.
 - Be sure to review the post-test, emphasizing what everyone has learned since taking the pretest at the beginning of the course.
- Encourage lots of practice. People get better at CPR through practice. Practice makes a real difference in learning CPR and being willing to give CPR in real life. If someone wants extra practice on a manikin, let him or her practice after the class ends.
- Encourage the class to refresh their skills often and share skills with their loved ones to bring this lifesaving information to more people.
- Thank the class for their time and congratulate them on completing the course.
- Complete the training record. Upload your numbers to the AHA's Community CPR Tracker at www.heart.org/communitycprtracker.

Common Questions Asked During Class

During class, some people may have questions about CPR, AEDs, and the course. Here are answers to the most common questions. If people have any other questions, have them contact the AHA.

Question: *Why is CPR & First Aid Anywhere so effective?*

Answer: The success of learning CPR by using the CPR & First Aid Anywhere Course is attributed to several factors:

- **Hands-on skills practice:** CPR & First Aid Anywhere is designed to maximize the amount of hands-on skills practice time.
- **Practice while watching:** The practice-while-watching format provides everyone with real-time information on the performance of each skill. People can make immediate corrections based on what they see and hear in the video.

Question: *Can I get into legal trouble for imperfect CPR?*

Answer: Good Samaritan laws vary from state to state. If you have concerns about liability issues, refer to your state's laws.

Question: *What if someone has an injury? Can I make the situation worse by doing CPR?*

Answer: No. A person whose heart has stopped must have CPR to survive.

Question: *What if I do CPR wrong?*

Answer: Without CPR, the person will not survive. Your actions can only help.

Question: *How do I turn in my training numbers to the AHA?*

Answer: You can upload your training numbers to the AHA's Community CPR Tracker at www.heart.org/communitycpctracker.

Acknowledgments

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For more information on other American Heart Association programs contact us:
877-AHA-4CPR
www.heart.org/cpr