

Introduction

The **CPR in Schools Training Kit™** is a turnkey educational program designed specifically for schools. Core modules can be facilitated by any student or teacher within 1 class period. The CPR in Schools Training Kit can meet your state's legislative requirements for cardiopulmonary resuscitation (CPR) training with a psychomotor component (hands-on practice on a manikin).

The course is designed to be completely self-facilitated, with no additional training required for the trainer. The educational program can be conducted over 1 classroom session or can be incorporated into a more in-depth course that covers basic health and science topics. This allows the facilitator the flexibility to design the course as needed to fit the educational needs of the students. In addition, it allows for a multitude of additional educational activities that can be added to the core curriculum included in the DVD.

CPR in Schools Overview

The course has 5 modules and an optional activity:

1. Life Is Why® Activity (optional)
2. Adult Hands-Only CPR and AED (required)
3. Adult CPR With Breaths (optional)
4. Choking in Adults (optional)
5. Child CPR and AED (optional)
6. Choking in Children (optional)

The modules cover CPR, choking, and using an automated external defibrillator (AED) when appropriate. You can facilitate each module on its own or facilitate multiple modules together, depending on the needs of your students.

Role of the Facilitator

Any motivated person who wants to share the lifesaving skill of CPR can be a CPR in Schools Facilitator.

Remember, you do not have to be an American Heart Association (AHA) Instructor or have a CPR course completion card to be a facilitator. This is a video-based course, and the lessons in the course video will teach students the skills of CPR. As a facilitator, you'll help the class run smoothly. Your responsibilities include

- Creating a positive learning experience
- Preparing before the class, including the planning of all logistics
- Setting up equipment and the room
- Successfully managing the course as outlined in this Facilitator Guide

Course Equipment

Equipment needed for each CPR in Schools class is listed below. All equipment needs to be in proper working order and good condition.

Included in CPR in Schools Training Kit	1 wheeled classroom carry bag
	10 Mini Anne® Plus inflatable manikins
	10 kneel mats
	10 individual carry bags
	5 practice-while-watching training DVDs
	1 hand pump for manikin inflation
	2 mesh collection and storage bags
	10 replacement airways
	50 manikin wipes
	10 replacement face masks
	10 AED training simulators
1 facilitator binder that contains the Facilitator Guide, Lesson Plans, pre- and post-test, and supplementary material	
Additional equipment needed	A DVD player, a remote control, and a monitor or screen big enough for all students to see
	1 table in case a student can't kneel on the ground to practice CPR
	A room where you and the video can be heard easily and with enough space

Storage of Manikins

Store inflated manikins in the mesh collection bags between classes, or deflate the manikins and store them in the individual carry bags with each kneel mat.

Store the individual carry bags, mesh collection bags, DVDs, replacement airways, replacement faces, and unused manikin wipes in the large classroom bag until the next use.

Manikin Maintenance

If students will be practicing how to give breaths, replace the airway assembly after each student. Follow these steps to replace the airway assembly:

1. Release the airway straps at the bottom edge of the manikin and at the neck.
2. Remove the face by releasing the ear connectors.
3. Unclip the airway from the face support. Pull the airway from under the chest plate.
4. Attach a new airway to a clean face and fasten the neck tabs.
5. Slide the airway under the chest plate.
6. Reattach the bottom tab.
7. Reattach the face to the ear connectors.

Sanitize faces between classes by using the manikin wipes provided (do not use antibacterial wipes, baby wipes, tissues, or paper towels).

Ordering Materials

To order additional or replacement CPR products, call 1-866-935-5484 or email us at cprinschools@heart.org.

For more information about CPR in Schools, including additional educational materials, visit www.heart.org/CPRinSchoolsToolkit.

Replacement items include the following:

106-10400	Manikin Mini Anne® Plus (single)
106-10050	Airway Assembly Mini Anne® Plus (pkg. 50)
106-10800	Mini Anne® Plus Chest Plate
106-10401	CPR in Schools DVD
106-10250	Mesh Collection Bags (× 2)
106-10550	Kneel Mat (pkg. 10)
106-13101	AHA Mini Anne® Plus Wheeled Carry Bag
106-10101	Instructor Pump
106-12000	Face Mini Anne® Plus (pkg. 5)
152400	Resusci® Manikin Wipes (pkg. 50)
152401	Resusci® Manikin Wipes (pkg. 1200)
106-13350	AED Simulator (pkg. 10)

Using Lesson Plans

You will use Lesson Plans to prepare for and help facilitate the course as students follow along with the video.

When	How to Use
Before the course	<p>Review the Lesson Plans to understand</p> <ul style="list-style-type: none">• Precourse responsibilities• Objectives for each CPR in Schools module• Your role in the course• Resources that you need for the course
During the course	<ul style="list-style-type: none">• Follow the Lesson Plans as you conduct the course to know what to do next.• Help the students achieve the objectives identified for each lesson.

The Lesson Plans in this Facilitator Guide are

- Precourse Lesson Plan
- Life Is Why Activity Lesson Plan (optional)
- CPR in Schools Lesson Plan
 - Includes instructions for all adult and child modules

Understanding Icons

The icons in the Lesson Plans remind you to take certain actions during the course. The Lesson Plans include the following icons:

Icon	Action
	Discussion
	Play video
	Pause video
	Practice while watching
	Repeat segment

Practice While Watching

The practice-while-watching method is used to teach skills in the CPR in Schools Course. Practice while watching is an effective approach for building skills mastery.

Practice while watching aids the learning experience by organizing content into the following format:

- Tell students what they will learn
- Show them
- Allow them to practice
- Provide coaching
- Summarize what they learned

Facilitators should use the video to demonstrate correct performance of skills. Allow students time to practice while following the video demonstration. Observe students' performance of the skills and provide corrective feedback. Finally, give students the option to practice without the video, if needed.

Precourse Lesson Plan

Facilitator Tips

Prepare for your role as a CPR in Schools 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 students' success and will allow the course to run smoothly.

2 Weeks Before the Course

- Watch the CPR in Schools video.
 - Read the entire Facilitator Guide.
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1 Week Before the Course

- Confirm classroom/space reservations.
 - If you can, tell students to wear comfortable clothes.
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1 Day Before the Course

- Review the Lesson Plans.
 - Make copies of the pre- and post-tests for all students (optional).
 - Make copies of the Life Is Why activity if conducting this activity (1 per student).
 - Know the location of the AED(s) in your school.
 - 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.
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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 desks to the walls so students can be seated comfortably, arm's length apart, on the floor.
- All students must be able to see and hear the video. Put the manikins in a place so that even when students 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 students can do exactly what is in the video).
- Have chairs and tables for those students 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 students.
- Make additional copies of the Life Is Why activity from the Facilitator Guide for students to use.



Pause Video

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



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 students to participate in the following activity:
 - Hand out the “_____ Is Why” activity page to each student. Tell students:
 - 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 in Schools
Lesson Plan

CPR in Schools Lesson Plan

Facilitator Tips

- Put students at ease by talking with them as they come in.
- Be enthusiastic! Enthusiasm is contagious.
- Stay focused. Keep the course on track. This gives students 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.
- When students are practicing during the practice-while-watching segments, keep everyone doing exactly what the video is showing, at the same time.
- Students may have questions. Facilitators are not expected to know all the answers. When students have questions, refer them to the AHA.
- Help overcome fear. Many students 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 students for their time.
- Let students know they'll be practicing CPR on manikins.
- Inform students 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) with students before beginning the course.
- Refer to the table below to remind students 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
Adult Hands-Only CPR and AED (required) 25 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 an adult• Perform Hands-Only CPR for an adult• Demonstrate how to use an AED on an adult	<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)

(continued)

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Module	Learning Objectives	Practice While Watching
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
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) 5 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

You will complete the following steps for each module in the CPR in Schools Course that you are facilitating.

Play Video

- The Adult Hands-Only CPR and AED 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 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 students position themselves at the side of their manikins per the video instructions.
- Tell students 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 students to view the practice segment before they practice as a review of the steps.
- Before practice while watching, ask each student 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

- Students 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 a student can't push deep enough for compressions, have the student 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 student will need to complete the Compressions and the Putting It All Together practice segments twice in the required Adult Hands-Only CPR and AED module.
 - For any module that includes practice, continue to select Repeat until all students have had the chance to practice and have mastered each skill.
 - If a student 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 students:

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