



CPR in Schools – Delaware

What is a Cardiac Arrest?

A cardiac arrest is an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs, and other organs. It is the leading cause of death.

What is Hands-Only CPR?

Hands-Only CPR has 2 easy steps:

1. Call 911
2. Push hard and fast in the center of the chest

Hands-Only CPR is effective, easy to learn & easy to remember!

Delaware's Law

The high school graduation requirement for Hands-Only CPR went into effect the 2015-2016 school year. Present law requires no less than two (2) hours of this 1/2 credit course shall include a cardiopulmonary resuscitation (CPR) instructional program which uses the most current evidence-based emergency cardiovascular care .guidelines, and incorporates psychomotor skills learning into the instruction, use of an Automated External Defibrillator (AED)



Taking the First Step

Thank you for helping your students to become the next generation of lifesavers by being trained with the American Heart Association's CPR in Schools Kit. Making an investment in the right CPR training materials for your students, teachers, and schools is critical. This program will yield the highest number of people trained in CPR and we are grateful for your passion and commitment. Together, we can make an impact that truly saves lives.

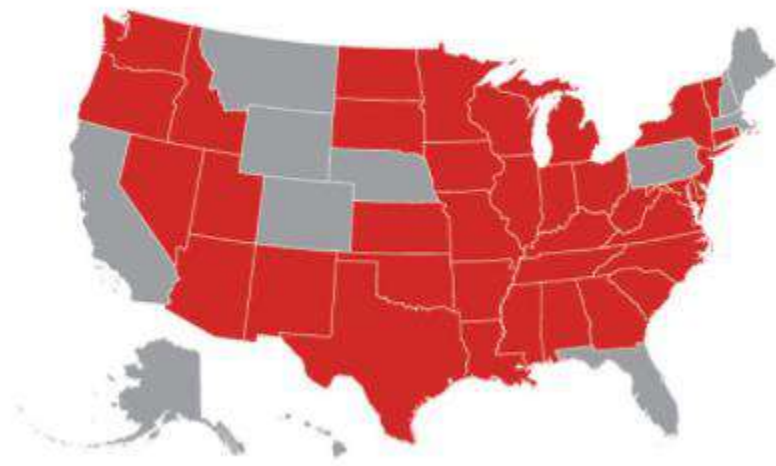
The Scary Facts

Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States, with almost 90 percent resulting in death. When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. CPR, especially if performed in the first few minutes of a cardiac arrest, can double or triple a person's chance of survival.

Sadly, 70 percent of Americans may feel helpless to act during a cardiac emergency because either they do not know how to administer CPR, or their training has significantly lapsed. We know we can improve these statistics by forming new partnerships that will help us continue to ensure the people in our community feel confident to perform the lifesaving skill of CPR.

Why Schools?

Change often begins with young people, that's why the AHA formed an initiative to make CPR a high school graduation requirement. With more than 37 states and Washington D.C. adopting this mandate there is the potential for 2.2 million students to learn lifesaving CPR skills every year. The state of Delaware passed their law in 2014.



The CPR in Schools Training Kit empowers students to learn the core skills of CPR in under 30 minutes, and it teaches AED skills and choking relief. The easy-to-use kit is designed specifically for the needs of school educators. It's portable, allowing for convenient movement from classroom to classroom and easy storage. It's also reusable and each kit can train 10 students at the same time.

The Solution

The American Heart Association developed the CPR in Schools Training kit to help schools meet the graduation requirement easily and effectively. The CPR in Schools Training Kit includes:

- 1 Wheeled classroom carry bag
- 10 Mini Anne Plus inflatable manikins (with carrying cases)
- 10 AED training simulators
- 1 Facilitator guide
- 1 Facilitator binder with lesson plans, pre- and post- tests, and supplemental materials
- 10 Kneel Mats
- 5 Practice-while-watching training DVD's
- 1 Hand pump for manikin inflation
- 2 Mesh collection and storage bags
- 10 Replacement airways
- 10 Replacement face masks



The Benefit of Our Kit

In addition to the components of the CPR in Schools training kit the American Heart Association has some added benefits:

- Your school or district will gain the support of the nation's oldest and largest voluntary organization dedicated to fighting disease and stroke
- Gain access to additional American Heart Association CPR resources including a PDF version of the facilitator binder, Don't Drop the Beat playlist and updates as needed.

Questions? Your Community CPR Manager is always happy to help.

Sonya Vezmar, Sr. Manager, Community CPR
American Heart Association

(E) sonya.vezmar@heart.org

(P) 216-338-2000