

### BEGINNING THE CLASS

5  
minutes

#### Facilitation Points

- Ask students to sit down. Remind them to not touch the manikins.
- Administer the pre-test. It can be administered the day before training, but make sure students write their names on the tests so pre- and post-test scores can be recorded.
- Take a head count of number of students, and fill out the training record.

### INTRODUCTION TO CPR

5  
minutes

#### Facilitation Points

- For more information, refer to the frequently asked questions about Hands-Only CPR: [www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/LearnMore/Learn-More\\_UCM\\_440810\\_FAQ.jsp](http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/LearnMore/Learn-More_UCM_440810_FAQ.jsp)

#### Ask

Discuss the following key points with students **before** the video lesson:

**Q:** *Who has heard the term cardiac arrest? What do you think that means?*

**A:** Sudden cardiac arrest is when the heart malfunctions and suddenly stops beating.

**Q:** *How would you know when someone has had a cardiac arrest?*

**A:** When cardiac arrest occurs, the victim collapses and becomes unresponsive when you tap him and shout. The person stops breathing normally and may be gasping.

**Q:** *What is Hands-Only CPR?*

**A:** Hands-Only CPR consists of pushing hard and fast on the chest at a rate of at least 100 pushes per minute. It is the most important part of CPR. When you push on the chest, you pump blood to the brain and heart. People often don't push hard enough because they are afraid of hurting the person. An injury is unlikely, but it is better than death. It's better to push too hard than not hard enough.

**Q:** *How much can CPR improve the chances of survival?*

**A:** CPR can double or even triple a person's chance of surviving.

**Q:** *Why do people not want to do CPR sometimes?*

**A:** Many don't know how to give CPR, or they're afraid to hurt the victim—they panic. But the truth is that you shouldn't be afraid, and your actions can only help.

### PLAY DVD

10  
minutes

#### Facilitation Points

- Introduction (3 minutes)
- Hands-Only CPR instruction (5 minutes)
- AED information (2 minutes)
- Pause and/or replay as needed to reinforce instruction and practice

#### Ask

**Q:** *What are the two steps to do Hands-Only CPR?*

**A:** **(1)** Call 911. **(2)** Push hard and fast in the center of the chest at a rate of at least 100 pushes per minute, pushing down at least 2 inches on the chest.

**Q:** *What does an automated external defibrillator (AED) do?*

**A:** An AED restarts the heart by shocking it.

**Q:** *Where is the AED located in your school?*

**A:** (The location will be different in each school.)

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### TIME ESTIMATES FOR CLASS COMPONENTS

- Preparation: 10 minutes
- Class: 40 to 50 minutes
- After-class cleanup and completion of training record: 10 minutes

### CURRICULUM CONNECTIONS (Health, Language Arts)

### HEALTH NATIONAL STANDARDS

- Learn concepts related to health promotion and disease prevention to enhance health
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

### LEARNING OBJECTIVES

By the end of the class, all students will be able to:

- Recall the two easy steps for Hands-Only™ CPR:  
**(1)** Call 911 and **(2)** Push hard and fast in the center of the chest
- Perform Hands-Only CPR at a rate of at least 100 pushes per minute, pushing down at least 2 inches on the chest
- Recognize that performing CPR saves lives

### PREPARATION

10  
minutes

### Supplementary Materials

- Facilitator Training Record
- Pre/post-test for students
- For more information, refer to the frequently asked questions about Hands-Only CPR:  
[www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/LearnMore/Learn-More\\_UCM\\_440810\\_FAQ.jsp](http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/LearnMore/Learn-More_UCM_440810_FAQ.jsp)

### Equipment

- CPR in Schools Training Kit™ materials, including
- 10 individual Mini Anne® Plus manikins, each with kneel kit and carrying bag
- Practice-while-watching training DVD
- Hand pump for manikin inflation
- 2 mesh collection bags (for storage after the lesson)
- Facilitator Guide with instructions for setting up and storing the materials
- TV with DVD player or computer with DVD player and projector (a remote may help with pausing and replaying but is not required)

### Setup

- Before class begins, unpack and set up the CPR in Schools Training Kit.
- Some facilitators push desks to the walls, so students can be seated comfortably, arm's length apart, on the floor.
- Make copies of the pre- and post-tests for all students.
- Start the DVD. Select English or Spanish. Select "Learn Adult Hands-Only CPR." Pause the DVD.
- Know location of AED(s) in your school.



### HANDS-ON PRACTICE

20  
minutes

#### Facilitation Points

*Tips for large-group use:* One CPR in Schools Training Kit can be used with 10 students simultaneously. If you are teaching more than 10 students, consider purchasing or borrowing additional kits, or dividing the class into small groups of 2 to 3 students.

#### Instructions

- Each student should practice pushing on the chest hard and fast, at a rate of at least 100 pushes per minute.
- Manikins will click when the right chest compression depth (2 inches) is reached.
- If there is more than one student per manikin, have each student perform 2 minutes of Hands-Only CPR and then switch.

#### Ask

- What was the hardest thing about Hands-Only CPR?
- What was the easiest thing about Hands-Only CPR?
- Do you feel like you could do Hands-Only CPR if someone's heart stopped?

### POST TEST

5  
minutes

#### Facilitation Points

- Students complete the post-test.
- Collect post-tests from students.

### LESSON DEBRIEFING

5  
minutes

#### Facilitation Points

- Review answers to the post-test, and answer additional questions from students.
- Review calling 911, pushing hard and fast in the center of the chest at a rate of at least 100 pushes per minute, and pushing down at least 2 inches on the chest.
- Talk about how use an AED.

### AFTER CLASS

10  
minutes

#### Facilitation Points

- Deflate the manikins. Place the manikins and DVD back in the CPR in Schools Training Kit.
- Complete the training record. Scan or take a picture, and send it back to [cprinschools@heart.org](mailto:cprinschools@heart.org).

**OPTIONAL ADDITIONAL ACTIVITIES**

- Watch the “Two Steps to Staying Alive” video at [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr), and then read the Survivor Stories.
- Invite students to register for and explore the Be the Beat website and complete the Be the Beat Challenge ([bethebeat.heart.org](http://bethebeat.heart.org)).
- Have students research other songs with at least 100 beats per minute to help them remember the right rate of compressions during CPR.

**OPTIONAL HOMEWORK ASSIGNMENTS**

- *Train family and friends:* Have students check out a CPR in Schools take-home kit. Ask them to train at least five family members and friends at home in Hands-Only CPR. Have a contest to see who can train the most family and friends. Share stories the next day about the funniest or coolest thing that happened when training family and friends.
- *Short story:* Have students go to the Heart Hero page at [bethebeat.heart.org](http://bethebeat.heart.org) and read some of the Heart Rescuer stories of teens who’ve used their CPR skills in emergencies. Ask them to think about a time they helped keep someone safe, and what might have happened if they had not been there. Have them write a humorous or dramatic short story featuring a person like them, with a newly acquired skill for saving lives.
- *Essay:* Have students ask the adults in their lives if they know the simple steps to save a life in a cardiac arrest emergency: call 911, and push hard and fast in the center of the chest to the beat of the Bee Gees’ “Stayin’ Alive” until professional help arrives. Have students write a persuasive one- to two-page essay to promote CPR training.

**FOR MORE INFORMATION**

- *CPR in Schools DVD:* The DVD also includes approximately 25 minutes of “Other Lifesaving Techniques” with instructions on child CPR, helping a choking adult, and helping a choking child
- *CPR in Schools website:* **[www.heart.org/cprinschools](http://www.heart.org/cprinschools)**
- *CPR & First Aid websites:* **[www.heart.org/cpr](http://www.heart.org/cpr)** (in English) or **[www.heart.org/rcp](http://www.heart.org/rcp)** (Spanish-language resources)
- *Be the Beat:* **[bethebeat.heart.org](http://bethebeat.heart.org)**
- *“Heart Attack or Sudden Cardiac Arrest: How Are They Different?”:* [www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Heart-Attack-or-Sudden-Cardiac-Arrest-How-Are-They-Different\\_UCM\\_440804\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Heart-Attack-or-Sudden-Cardiac-Arrest-How-Are-They-Different_UCM_440804_Article.jsp)
- *Frequently asked questions for about Hands-Only CPR:* [www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/LearnMore/Learn-More\\_UCM\\_440810\\_FAQ.jsp](http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/LearnMore/Learn-More_UCM_440810_FAQ.jsp)