



American  
Heart  
Association.

**Learn CPR.  
Save a Life.**



# Community CPR Training Guide

[www.Heart.org/CPR](http://www.Heart.org/CPR) #CPRwithHeart

# Every Second Counts in Cardiac Arrest

## Be a part of the next Generation of Heartsavers™

You never know when you'll need to save a life. We can help make sure you are ready with a variety of courses and training kits designed to prepare you for real life situations.

About 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a person's chance of survival.

The American Heart Association wants all students and educators to learn CPR, putting more qualified Heartsavers in our communities to save more lives.

With training kits available for audiences including schools, PTAs, communities, sports facilities, or families, the American Heart Association Community Training Kits share the following benefits:

1. Easy-to-use self-directed training kits are designed precisely for educational or community environments and can be facilitated by anyone in about an hour
2. Train and educate one individual or hundreds of students, teachers, staff, and families in CPR, AED use, and choking relief
3. Increase participant knowledge in calling 911, and when and how to perform Hands-Only CPR.
4. Increase student confidence in performing CPR and using an AED in a cardiac emergency.
5. Larger training kit options contain everything needed to train 10 to 20 people at once in basic First Aid, CPR, and AED use. Repeat the process to train a class, a grade, a sports team, a corporation, or a community organization as many times, as needed.

**9 out of 10  
cardiac arrest  
victims who  
receive a  
shock from an  
AED in the  
first minute  
live.**



# Learn Hands-Only CPR

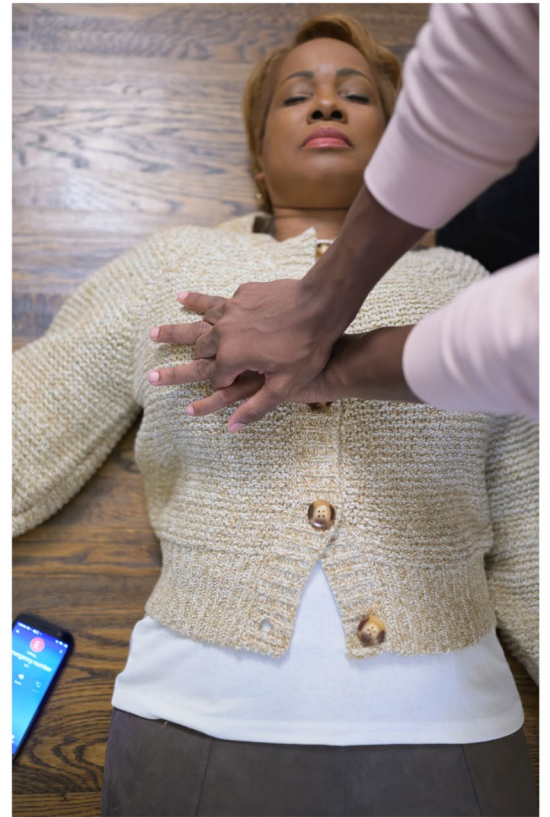


**It only takes **Two Steps to Save a Life**. Learn Hands-Only CPR + AED and be prepared when every second counts.**

If you see a teen or adult collapse suddenly, it is important to act fast.

- Call 9-1-1 and get an AED
- Place the heel of one hand in the center of the chest and put your other hand on top of the first (interlocking your fingers)
- Start CPR immediately by compressing hard and fast in the center of the chest until help arrives.

Your actions could help save a life.  
Learn more at [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr)



# Cardiac Emergency Response Plan Checklists

[www.Heart.org/CERP](http://www.Heart.org/CERP)

## Do you have a Cardiac Emergency Response Plan?



Share



Practice



Activate

Are you ready?

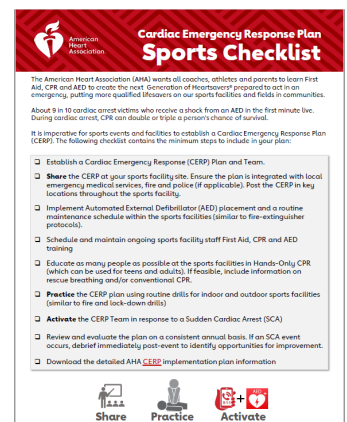
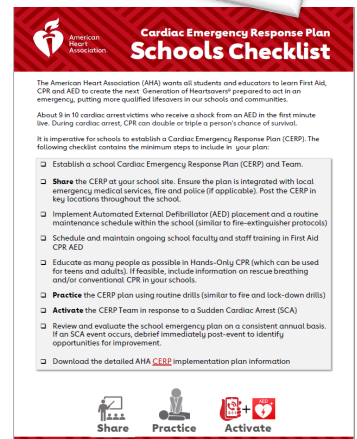
Become a part of the Nation of Heartsavers with the American Heart Association Cardiac Emergency Response Plan and be prepared to act in an emergency with three simple steps: **Share**, **Practice**, and **Activate**.

The American Heart Association has developed three Cardiac Emergency Response Plan checklists for [Schools](#), [Sports Facilities](#) and [Community](#) organizations. [Download the checklist](#) that works best for your organization and establish the specific steps to reduce death from cardiac arrest in any setting.

### Build Your Own Cardiac Emergency Response Plan

The American Heart Association has created an easy-to-use Cardiac Emergency Response plan to help assist you in preparing your location to act in an emergency.

[Download the Cardiac Emergency Response Plan](#)



# CPR Anytime®

[www.Heart.org/CPRAnytime](http://www.Heart.org/CPRAnytime)

## Adult & Child CPR Anytime® Training Kit



The AHA's Adult & Child CPR Anytime® Training Kit contains everything you need to learn the lifesaving skills of CPR, AED awareness, and choking relief in about 20 minutes. CPR Anytime allows you to learn in the comfort and privacy of your home or workplace. Plus, CPR Anytime is completely portable, so it is easy to share with family and friends. CPR Anytime kits also can be used to train small groups and community organizations.



## Infant CPR Anytime® Training Kit

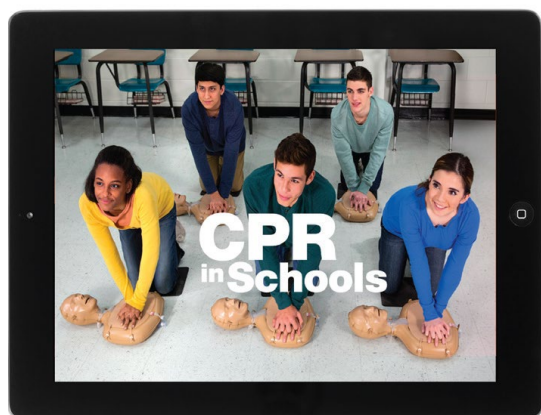


Infant CPR Anytime® training kit contains everything you need to learn the lifesaving skills of infant CPR and infant choking relief in about 20 minutes in the comfort of your own home. The kits can also be used in hospital labor and delivery programs, including neonatal intensive care units, to teach skills to new parents, allowing nursing staff to focus on patient care.

Infant CPR Anytime is for new parents, grandparents, babysitters, nannies, and anyone who wants to learn lifesaving infant CPR and choking relief skills but does not need a course completion card to meet a job requirement.



[www.Heart.org/CPRinSchools](http://www.Heart.org/CPRinSchools)



The American Heart Association's CPR in Schools Training Kit™ enables students to learn the lifesaving skills of CPR in just one class period. Plus, the kit teaches AED use and choking relief. The easy-to-use kit is designed specifically for the needs of schools. The kit's wheeled bag allows for convenient movement from classroom to classroom and easy storage. It's also reusable – one kit can train hundreds of people.

CPR in Schools: First Aid™. This educational, easy-to-use program is designed to teach middle and high school students, teachers, and staff the first aid skills they need to be prepared to act in an emergency. Each CPR in Schools: First Aid eBook comes with a supplementary streaming video, and any student or teacher can facilitate the video's modules within one class period. CPR in Schools: First Aid can be used as a standalone course or in conjunction with the American Heart Association's CPR in Schools™ Training Kit.



# CPR In Schools® Training Kit

# CPR & First Aid Anywhere™

[www.Heart.org/CPRFirstAidAnywhere](http://www.Heart.org/CPRFirstAidAnywhere)



Anyone. Anytime. Anywhere. Learn and teach the lifesaving skills of CPR and First aid with our CPR & First Aid Anywhere™ Training Kit. Easily facilitated by anyone, this video-based kit can be used to train hundreds of individuals.



# CPR & First Aid in Youth Sports™

[www.Heart.org/CPRFirstAidinYouthSports](http://www.Heart.org/CPRFirstAidinYouthSports)

The American Heart Association wants youth sports coaches, parents and athletes to know how to help in an emergency--both on and off the field. The easy-to-use CPR & First Aid in Youth Sports™ Training Kit is designed for youth coaches to ensure they and their community know the lifesaving skills of CPR, how to use an AED, and how to help during sports related emergencies.

During the training session, CPR and first aid skills are taught using the AHA's research-proven practice-while-watching technique. The portable kit contains everything needed to train 10 to 20 people at once in CPR & sports related injury first aid.



Need more information on training kit options for your groups, reach out to us. We're here to help.

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**Territory Map** by  
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Get more information on  
Community Training Kits at  
[www.Heart.org/CPR](http://www.Heart.org/CPR)

