

## CPR



Learn the skills to save a life  
in a group setting led by an  
AHA Instructor or a facilitator

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only™ CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant.

These topics can be presented together or taught separately as stand-alone modules. Skills are taught by using the American Heart Association's research-proven practice-while-watching technique, which allows participants to practice on a CPR training manikin while skills are demonstrated in the course video.

Family & Friends CPR may now be taught by an AHA Instructor or led by a facilitator (a community member, family member or friend) who wishes to pass on lifesaving CPR skills to others.

Course materials for Family & Friends CPR include a Student Manual with tear-out participation card and a DVD packaged with a free Facilitator Guide. The Facilitator Guide includes essential information for Instructors and facilitators of Family & Friends CPR classes.

### Course Covers

- New science from the *2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*
- Hands-Only™ CPR for adults
- Child CPR (compressions and breaths)
- Adult and child AED use
- Infant CPR
- Adult, child and infant choking relief

**Almost 80% of sudden cardiac arrests happen in the home. 92% of victims don't survive, often because people around them don't take action and begin CPR. You can help change this statistic by learning the simple skills of CPR. Use the Facilitator Guide to help pass on skills training to others.**

### Course Materials

- Family & Friends CPR Student Manual with tear-out participation card (90-1007; packages of five)
- Family & Friends CPR DVD with free Facilitator Guide (90-1033)



### Primary Audience

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, parents, grandparents, babysitters and others interested in learning how to save a life.

As a facilitated or Instructor-led course, Family & Friends CPR extends the availability of and access to training, so that more people can learn CPR and use their skills to act quickly in an emergency.

*When lives are at stake, don't settle for less. Insist on quality training from the leader in first aid and CPR: the American Heart Association.*

**1-877-AHA-4CPR**

**[www.heart.org/cpr](http://www.heart.org/cpr)**

Click "Community Training"