

Family & Friends™ CPR Anytime™

PERSONAL LEARNING PROGRAM

American Heart
Association® 
Learn and Live™

Providing Families, Friends and Communities the Skills to Save Lives

What is it?

The **Family & Friends CPR Anytime Personal Learning Program** allows families, friends and the general public – those who most likely would never attend a traditional CPR course – to learn the core skills of CPR in just 22 minutes using their own personal kit.



The kit contains everything needed to learn basic CPR, and skills can be learned anywhere, from the comfort of a family home to a large community group setting. Also, at under \$30, the **CPR Anytime** kit is a cost-effective way for the entire family to learn CPR at home.

Each Family & Friends CPR Anytime for kit contains:

- A personal, inflatable Mini Anne® CPR Manikin
- CPR Skills Practice DVD
- An American Heart Association **Family & Friends™ CPR** booklet
- Accessories for the program

Why was it developed?

Family & Friends CPR Anytime was developed to increase CPR knowledge and awareness among the general public. Currently:

- Almost 80 percent of cardiac arrests occur at home and are witnessed by a family member.
- Less than 7 percent of sudden cardiac arrest victims survive because the vast majority of those witnessing the arrest are people who do not know how to perform CPR.

CPR Anytime was developed specifically to reach those who do not attend CPR courses.

Families and friends who receive the kit are able to share the kit with their loved ones. By passing the kit on to family members, one **Family & Friends CPR Anytime** kit can be used to train an entire family and their friends!



How does it work?

Family & Friends CPR Anytime is a revolutionary method of teaching the core skills of CPR. It uses a unique Practice-While-Watching (PWW) instruction method for CPR. Students practice skills on a personal manikin while watching these skills on a DVD. The **CPR Anytime** program was developed in collaboration with Laerdal Medical and has been research-proven equivalent to attending a traditional CPR course for learning the core skills of CPR.



How does it compare to a traditional CPR course?

Both **Family & Friends CPR Anytime** and the **Family & Friends CPR** classroom program teach the “core skills” of CPR: pushing on the chest (compressions) and breathing for the victim (ventilations), recognizing the emergency, and calling 911. Both are effective ways of learning CPR. Everyone has different learning styles—some prefer classroom training with a group of people and feedback from an instructor, while others may feel more comfortable learning and practicing on their own.

A few other features of *CPR Anytime*:

- Manikin can be adjusted for learning child CPR
- DVD includes additional information on AEDs, choking, child CPR, and barrier devices for those users who want to learn more
- Personal CPR manikin (Mini Anne) is realistic for learning skills of CPR
- Take-home, personal kit makes it convenient to refresh skills often

Order Today!

For information on ordering *CPR Anytime* for community programs, families and friends, please call:

1-877-AHA-4CPR or visit **www.cpranytime.org**

