



SaveWithCPR

Instructor Manual

Share Life Saving

January 2024

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Preface

Introduction

Congratulations on taking the first step towards empowering others with life-saving skills. This manual serves as your guide to delivering CPR and first aid training using the Save With CPR curriculum. Developed with the latest guidelines and best practices in mind, Save With CPR equips you with the tools and knowledge needed to prepare individuals to respond confidently and effectively in emergency situations.

Within this document, you'll find a wealth of resources designed to streamline your teaching experience. From detailed lesson plans and instructional techniques to hands-on demonstrations and interactive activities, our goal is to support you in delivering engaging and impactful training sessions.

As an instructor, you play a crucial role in building resilience within your community. By sharing your expertise and passion for safety and well-being, you have the power to empower individuals to become confident first aiders, capable of making a difference when it matters most.

Thank you for joining us on this journey to make our world safer, one trained responder at a time. Together, we can Save With CPR.

Copyright

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Disclaimers

The information in this manual is intended for educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. The techniques and advice described in this manual and by Save With CPR are not guaranteed to prevent injury or death. The author and publisher disclaim any liability for any injury or damage resulting from the use of this information.

Acknowledgements

I would like to extend my heartfelt gratitude to my colleagues, mentors, and students in the field of emergency medical services, whose insights and feedback have been invaluable in the creation of this manual. Special thanks to my wife Emma Toma!

Abbreviations

- AED: Automated External Defibrillator
- CPR: Cardiopulmonary Resuscitation
- EMS: Emergency Medical Services
- BVM: Bag-Valve-Mask
- PPE: Personal Protective Equipment
- ILCOR: International Liaison Committee on Resuscitation
- OSHA: Occupational Safety and Health Administration
- CV Ratio Compression-Ventilation Ratio

Overview

As a life safety instructor you have the honor and responsibility of training your community in a set of skills that will help them respond on their worst day. Over 80% of CPR is performed on someone you know. Imagine the relief when your instruction allows your student to save the life of a loved one. Now imagine the devastation that can be caused if you fail to take your instructor responsibilities seriously and fail to train your student appropriately.

In this training manual we will discuss your responsibilities as an instructor, principles of instruction, how the Save With CPR curriculum is structured including its benefits, how to deliver our curriculum, and additional resources to ensure you're successful.

**At any point if you have any questions please contact us by emailing
help@savewithcpr.com**

Instructor Responsibilities

Understanding CPR/First Aid Training

Cardiopulmonary Resuscitation (CPR) and first aid procedures are crucial medical interventions commonly administered by non-healthcare providers. However, before instructing others in CPR and first aid, it's essential to grasp how healthcare professionals navigate decision-making and training.

Healthcare providers adhere to the principle of evidence-based medicine (EBM), continuously evaluating and analyzing current knowledge to ensure accuracy. Given the vastness of the medical field, no individual can absorb and interpret all information related to a single topic, even one as seemingly specific as CPR.

The International Liaison Committee on Resuscitation (ILCOR) serves as a global organization central to coordinating, analyzing, and interpreting pertinent medical evidence to formulate CPR training recommendations. Recognized as the gold standard in CPR training, ILCOR maintains a rigorous review process, issuing updates as frequently as monthly, detailing their recommendations, rationale, and the studies informing their stance.

Aligned with ILCOR's updates, our CPR curriculum ensures practitioners have access to the most current evidence-based medicine and practices, instilling confidence in the efficacy of their training. Most oversight bodies accept ILCOR compliant training, which Save With CPR is. With that you should verify your students' regulatory bodies accept the Save With CPR training curriculum.

Interestingly enough no such organization exists for first aid training. Some government oversight bodies such as Occupational Safety and Health Administration (OSHA) have created guidance documents, but no formalized first aid training curriculum exists. We have created a first aid training curriculum that we feel provides a simplified yet thorough understanding of first aid to be performed prior to the arrival of emergency services. After following the Save With CPR training curriculum you are encouraged to incorporate local ideas/knowledge that will benefit your students.

Determining Student Need

Instructors play a pivotal role in ensuring training meets the specific needs of their students, aligning with both individual requirements and regulatory standards. Understanding

students' backgrounds, experience levels, and professional obligations is paramount in tailoring the training experience effectively. Assessing student needs involves considering factors such as workplace requirements, industry regulations, and any specific skill gaps or learning preferences. Selecting the appropriate training program entails thorough research to ensure it covers relevant topics and aligns with established guidelines. Moreover, instructors must verify that the chosen training is approved by employers or regulatory bodies, safeguarding compliance and adherence to industry standards. By diligently assessing student needs and selecting approved training programs, instructors can optimize the learning experience and empower students with the essential skills and knowledge needed to respond effectively in critical situations.

You should discuss with students why they are looking to take a class, and if they are required to obtain certification for employment or licensure. You should then verify their employer or licensing body will accept the type and level of training you intend to provide.

Scheduling the Class and Space

Scheduling a class involves careful consideration of various factors to ensure optimal participation and learning outcomes. Instructors should aim for scheduling sessions at times convenient for the majority of participants, taking into account work schedules, childcare responsibilities, and other commitments. Additionally, offering flexibility in scheduling, such as evening or weekend sessions, can accommodate diverse student needs and increase attendance rates.

Selecting an appropriate space for class is crucial for facilitating an effective learning environment. Ideally, the space should be well-lit, well-ventilated, and spacious enough to accommodate all participants comfortably. It should also be free from distractions and noise, allowing for focused instruction and practice. Depending on the class size, considerations should be made for the arrangement of chairs, tables, and training equipment to ensure ease of movement and visibility for all participants.

Despite careful planning, there are common pitfalls that instructors should be aware of when scheduling classes. One common challenge is overestimating the availability of participants, leading to low attendance rates. To mitigate this risk, instructors can utilize pre-registration systems or conduct surveys to gauge interest and availability before finalizing class schedules. Another pitfall is insufficient time allocated for breaks or hands-on practice, resulting in fatigue or limited skill retention among participants. Ensuring adequate breaks and practical exercises throughout the session can enhance engagement and reinforce learning.

To optimize the scheduling process and minimize potential pitfalls, instructors can implement several tips. Firstly, maintaining open communication with participants regarding class schedules, expectations, and any changes or updates can help foster a positive learning experience. Secondly, providing clear instructions on how to prepare for the class, such as attire

recommendations and prerequisites, can help participants feel more confident and prepared. Lastly, being proactive in addressing scheduling conflicts or challenges as they arise, such as offering alternative session options or accommodating individual needs, demonstrates flexibility and dedication to student success. By implementing these strategies, instructors can streamline the scheduling process, create conducive learning environments, and maximize the effectiveness of CPR classes.

Establishing an Effective Learning Environment

As an instructor, it's essential to recognize and value these key aspects:

Employment Requirement

Consider the weight of potential job loss. Many students attending your CPR class are mandated by their employers to undergo training. For them, the thought of failing could mean jeopardizing their livelihoods and supporting their families. Understanding this pressure is crucial for fostering a supportive learning atmosphere.

Saving a Loved One

Statistics show that CPR is most often administered to someone known to the rescuer. Envision the anguish of watching a loved one in distress without the ability to intervene. Most students are unaware of their high likelihood of facing such situations. Acknowledging this emotional aspect underscores the importance of thorough training.

Return to Reality

Regardless of their performance in class, students will eventually return to their daily lives. This means you're preparing individuals who could potentially be the sole lifeline in a critical situation involving someone they care deeply about. It's a responsibility that underscores the significance of effective instruction and support.

The Impact of Your Approach

Our philosophy is simple: the success of students reflects the quality of instruction. Recognizing that each learner may face challenges, it's imperative to respond with empathy and adaptability. Our curriculum is designed to be accessible and understandable, allowing for modifications as needed to ensure every student's competence in CPR and first aid.

Your Role in Alleviating Anxiety

Obtaining a certificate from your class may determine a student's ability to provide for their family. Understanding the stakes, you have the power to create a supportive atmosphere where questions are encouraged, and mistakes are viewed as part of the learning process. Imagine the depth of learning that occurs when students feel genuinely supported and guided toward success.

Consider the Consequences

Brushing off a learner's concerns or making them feel inadequate could have dire consequences if they later encounter a real-life emergency. Your approach to instruction directly impacts their preparedness and confidence in life-saving situations. If your commitment to student success wavers, we encourage you to reconsider your role as an instructor. Our priority is ensuring every learner receives the support and guidance they need to excel.

We have designed our curriculum to serve as a framework to high quality CPR and first aid. If you feel a modification will enable your students to perform and be more successful - we support you.

Welcoming Learners

As instructors, it's vital to create a welcoming and safe environment for all learners attending your classes. Upon arrival, take a moment to warmly greet each participant, making them feel valued and at ease. Before diving into the curriculum, take a few minutes to inform everyone about the location of emergency exits and the protocols to follow in case of an emergency. Ensuring everyone's safety is paramount, and being prepared for any unexpected situations fosters a sense of security among participants. Once these essential details are covered, extend a warm welcome to the class, expressing appreciation for their commitment to learning life-saving skills. Encourage an atmosphere of collaboration and support, where questions are welcomed, and everyone's contributions are valued. By setting a positive tone from the start, instructors can establish a conducive learning environment where all participants feel empowered to engage and succeed.

Delivering Instruction with Humility

In delivering instruction with humility, we recognize that our role as instructors is not just to impart knowledge, but to facilitate a meaningful learning experience for our students. Utilizing the resources provided in this manual, along with the accompanying student manual, videos, and assessment tools, we have the opportunity to guide our students through a comprehensive learning journey. By approaching our instruction with humility, we acknowledge that we are continually learning and growing alongside our students. We encourage an environment where questions are welcomed, mistakes are seen as opportunities for growth, and collaboration is valued. Through our dedication to delivering quality instruction with humility, we can inspire and

empower our students to become confident and competent in their CPR skills, ultimately making a positive impact in their communities.

Post Course Cleanup

Post-course cleanup is a critical step in maintaining a safe and hygienic learning environment for future CPR classes. One essential aspect of cleanup is the thorough decontamination and sterilization of all equipment used during the training session. This includes CPR manikins, AED trainers, face shields, pocket masks, and any other reusable materials.

To decontaminate equipment, begin by removing any visible dirt or debris using disposable gloves and appropriate cleaning supplies, such as disinfectant wipes or solution. Pay close attention to high-touch surfaces and areas that come into direct contact with students' mouths or bodily fluids. After cleaning, thoroughly rinse the equipment with soapy water to remove any residue from the cleaning solution.

Once the equipment is cleaned, it should be properly sterilized to eliminate any potential pathogens or infectious agents. This can be achieved through disinfectant, disinfectant wipes, and several other methods. Follow the manufacturer's instructions for each piece of equipment to ensure proper sterilization procedures are followed.

After sterilization, allow the equipment to air dry completely before storing it in a clean, dry area. Regularly inspect equipment for any signs of damage or wear and replace as needed to maintain effectiveness and safety.

By diligently decontaminating and sterilizing all equipment after each class, instructors can help prevent the spread of infections and ensure the safety of both students and future participants.

Instructor Portal and Issuing Certificates

The Save With CPR curriculum differs from its competitors by being a single subscription with unlimited access to course materials, resources, and issuing certificates. Where other curriculums may charge you to become an instructor, to renew your instructor, to buy every single book, and certificate. We charge a single price per month (or year) which grants you access to all of our training videos, resources, and the ability to issue unlimited certificates to your students without additional cost.

You are able to access all course materials and issue certificates by visiting <https://teach.savewithcpr.com/>. We call this website the instructor portal. Within the instructor

portal you are able to follow the roster management tab to enter in upcoming or completed courses to issue certificates to your students. Immediately upon completing a roster and marking students as complete certificates will be issued and mailed to students. You're also able to provide copies of certificates to employers who may be hosting a class. Under the resources tab you will find links to course videos, manuals, assessment items, and equipment to purchase for your class.

Being a Resource

As an instructor, your role extends beyond imparting knowledge; it's about genuinely rooting for the success of others. Students look to you for guidance and support, seeking your expertise to help them thrive. Embrace this opportunity to share everything you have to offer, fostering their growth and accompanying them on their learning journey. Feel free to utilize any of the resources we've published, just remember to credit us for our contributions. Together, let's empower individuals to reach their full potential.

Principles of Instruction

Effective instruction is the cornerstone of successful learning experiences. As instructors, we play a pivotal role in guiding and facilitating the educational journey of our students. By understanding and applying key principles of instruction, we can create engaging, meaningful, and impactful learning environments. This section delves into some essential principles of instruction, including educational theories, common pitfalls to avoid, and strategies for becoming a successful educator.

Understanding Educational Principles

Constructivism: Embrace the idea that learners construct their own understanding and knowledge through active participation and reflection. Encourage hands-on activities, problem-solving, and critical thinking to facilitate meaningful learning experiences.

Adult Learning Theory (Andragogy): Recognize that adult learners have unique characteristics and motivations. Foster a collaborative and self-directed learning environment, where learners are actively engaged in setting goals and determining their learning paths.

Experiential Learning: Emphasize the importance of learning through direct experience and reflection. Incorporate real-life scenarios, case studies, and simulations to enhance understanding and retention of concepts.

Differentiated Instruction: Acknowledge that learners have diverse backgrounds, learning styles, and preferences. Adapt your teaching strategies and materials to accommodate various learning needs, ensuring that all students have opportunities to succeed.

Common Pitfalls to Avoid

Lack of Engagement: Avoid monotony and disengagement by incorporating interactive activities, discussions, and multimedia resources to maintain students' interest and involvement throughout the course.

Overloading Information: Guard against overwhelming students with excessive content or complex information. Break down concepts into manageable chunks, and provide opportunities for reinforcement and practice to promote understanding and retention.

Ignoring Feedback: Don't overlook the importance of soliciting and responding to feedback from students. Regularly assess their understanding and address any misconceptions or concerns promptly to enhance learning outcomes.

Neglecting Reflection: Ensure that reflection is integrated into the learning process. Encourage students to reflect on their experiences, insights, and challenges, fostering deeper understanding and personal growth.

Strategies for Success as an Educator

Establish Clear Learning Objectives: Define clear and achievable learning objectives for each session, outlining what students are expected to know, understand, and be able to do by the end of the course.

Foster a Positive Learning Environment: Cultivate a supportive and inclusive atmosphere where students feel valued, respected, and empowered to participate actively in their learning.

Use Varied Instructional Methods: Employ a diverse range of instructional methods, such as lectures, discussions, group activities, and multimedia presentations, to accommodate different learning styles and preferences.

Provide Timely and Constructive Feedback: Offer timely feedback on students' progress, highlighting strengths and areas for improvement. Encourage self-assessment and reflection to promote continuous learning and growth.

Continuously Reflect and Improve: Engage in regular self-reflection and evaluation of your teaching practices. Seek feedback from colleagues, attend professional development opportunities, and stay abreast of current research and best practices in instruction.

By embracing these principles of instruction and implementing effective teaching strategies, instructors can inspire and empower their students to achieve their learning goals and succeed in their endeavors.

Modules Overview and Intended Audience

This section provides a succinct overview of the different modules the Save With CPR curriculum offers. These modules may be combined to meet the needs of your target audience.

Adult CPR, AED, and Choking

Adult CPR, AED, and Choking covers cardiopulmonary resuscitation, automated external defibrillation, and choking relief for victims of cardiac arrest and foreign body airway obstruction for ages 8 and older. In most cases you will find this to be the most popular module in request and in real world situations.

Child CPR, AED, and Choking

Child CPR, AED, and Choking covers cardiopulmonary resuscitation, automated external defibrillation, and choking relief for victims of cardiac arrest and foreign body airway obstruction for ages 1 - 8 years of age. This module may or may not be combined with Adult CPR, AED, and Choking. This module will almost always be delivered with the Infant CPR, AED, and Choking module.

Infant CPR, AED, and Choking

Infant CPR, AED, and Choking covers cardiopulmonary resuscitation, automated external defibrillation, and choking relief for victims of cardiac arrest and foreign body airway obstruction for ages 0 - 1 years of age. This module will almost always be delivered with the Child CPR, AED, and Choking module.

Opioid Overdose

This module covers the identification of an opioid overdose and teaches several intervention methods to reduce morbidity and mortality of the victim. This module may be ideal for situations where responders are likely to find a person suffering from an opioid overdose, especially rescuers who have been given naloxone.

First Aid

This module covers many facets of general first aid. Learners will receive the foundations of being with a sick or injured patient until further help arrives. Learners should get a basic understanding of initial injury stabilization and victim comfort. This module is recommended to any one interested in first aid or likely to be the first to respond to a sick or injured person.

Teaching: Adult CPR, AED, and Choking

Outcomes

- Assess for and identify cardiac arrest in an adult using apnea and unresponsiveness, or pulselessness within 10 seconds and activate Emergency Medical Services.
- Upon identification of cardiac arrest perform high-quality CPR utilizing proper hand placement, proper depth, allowing for chest recoil, with an appropriate rate and rhythm in accordance with current ILCOR guidelines.
- Utilizing a 30 compression to 2 ventilation ratio deliver rescue breaths via mouth to mouth, mouth to mask, or bag valve mask ventilations.
- Upon acquisition of an automated external defibrillator performs or directs the performance of powering on the AED, properly placing the electrotherapy pads, and following the prompts of the AED.
- Immediately resumes high-quality CPR at the direction of the AED.
- Assesses for and identifies a complete foreign body airway obstruction in an adult choking victim and properly performs choking relief maneuvers to clear the obstruction.

Required Minimum Equipment (RME)

- Adult CPR Manikin With Feedback
- Adult Choking Manikin
- Training Automated External Defibrillator with Pads
- Based on Rescue Breathing Method
 - Mouth to Mouth Barriers (For Each Student)
 - Mouth to Mask Barriers (For Each Student)
 - Adult Bag Valve Mask (One Per CPR Manikin)
- Instructional Materials
 - Videos
 - Student Manual (For Each Student)
 - Instructor Manual (For Each Instructor)
 - Assessment Tools (For Each Assessment Station)

Lesson Plan

This lesson may take 45 - 90 minutes to complete with 6-8 students.

Introduction

- Introduce yourself to your students, and offer them the opportunity to introduce themselves creating a friendly and welcoming environment.
- Tell the learners about the space, restrooms, emergency exits, and safety plan if a student were to become unfortunately injured, or an emergency evacuation is required.
- Tell the learners about each outcome and what it means for them, and why they are important.
- Ask if anyone has a question and begin the course.

Foundations

- Tell students you will be watching a video for them that introduces the foundations of safely recognizing an emergency, calling for help, and other relevant important information.
- Play the foundations video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

CPR, AED, and Choking

- Tell students you will be watching a video on Cardiopulmonary Resuscitation (CPR), Automated External Defibrillators (AED), and choking and choking relief. This next video covers principles for all age ranges and will help provide a foundation for reviewing and learning about adult CPR, AED, and Choking.
- Play the CPR, AED, and Choking video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

Adult CPR, AED, and Choking

- Tell students that this next video will include several pauses where we get to get up and practice some of our rescue skills in isolation. At the end of the video we will be combining them together to perform Adult CPR. By practicing the skills in isolation and then combined we get several opportunities to hone our skills.
 - The video will run and at several spots provide a section to pause and have students practice. The pauses will be for: initial scene management and adult chest compressions, rescue breathing, AED familiarization and pad placement, and adult choking relief.
 - Provide students access to the Adult CPR Assessment Tool and explain each step of the tool and what a complete rescue looks like.
 - Allow all students to practice all skills, providing immediate feedback until optimal performance is achieved.
 - Assess all students on their ability to complete the Adult CPR Assessment Tool. You may have students perform individually or in groups. If you have students work in a group you must assess each student on every item requiring groups to perform multiple times.

- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to group discussion.

Module Resources

- Save With CPR Instructor Manual
 - <https://teach.savewithcpr.com/resources/instructor-manual>
- Save With CPR Student Manual
 - <https://teach.savewithcpr.com/resources/student-manual>
- Save With CPR Videos
 - <https://teach.savewithcpr.com/resources/videos>
- Adult CPR Assessment Tool
 - <https://teach.savewithcpr.com/resources/adult-cpr-assessment-tool>

Module Completion Requirements

To consider a student complete and issue a course completion certificate you must ensure the learner has:

- Access to the Save With CPR Student Manual
- Watched the videos
 - Foundations
 - CPR, AED, and Choking
 - Adult CPR, AED, and Choking
- Successfully performed adult choking relief
- Successfully performed all items in the Adult CPR Assessment Tool

Teaching: Child CPR, AED, and Choking

Outcomes

- Assess for and identify cardiac arrest in children using apnea and unresponsiveness, or pulselessness within 10 seconds and activate Emergency Medical Services.
- Upon identification of cardiac arrest perform high-quality CPR utilizing proper hand placement, proper depth, allowing for chest recoil, with an appropriate rate and rhythm in accordance with current ILCOR guidelines.
- Utilizing a 30 compression to 2 ventilation ratio deliver rescue breaths via mouth to mouth, mouth to mask, or bag valve mask ventilations.
- Upon acquisition of an automated external defibrillator performs or directs the performance of powering on the AED, properly placing the electrotherapy pads, and following the prompts of the AED.
- Immediately resumes high-quality CPR at the direction of the AED.
- Assesses for and identifies a complete foreign body airway obstruction in a child choking victim and properly performs choking relief maneuvers to clear the obstruction.

Required Minimum Equipment (RME)

You may use adult manikins and equipment to simulate Child CPR, AED, and Choking. Emphasys must be made to learners the differences between adult and child CPR.

- Adult or Child CPR Manikin With Feedback
- Adult or Child Choking Manikin
- Training Automated External Defibrillator with Pads
- Based on Rescue Breathing Method
 - Mouth to Mouth Barriers (For Each Student)
 - Mouth to Mask Barriers (For Each Student)
 - Adult or Child Bag Valve Mask (One Per CPR Manikin)
- Instructional Materials
 - Videos
 - Student Manual (For Each Student)
 - Instructor Manual (For Each Instructor)
 - Assessment Tools (For Each Assessment Station)

Lesson Plan

This lesson may take 45 - 90 minutes to complete with 6-8 students.

This lesson may be combined with other modules. If those other modules provided the foundations and/or CPR, AED, and Choking videos you do not need to play them again. Once performed you do not need to repeat your course introduction.

Introduction

- Introduce yourself to your students, and offer them the opportunity to introduce themselves creating a friendly and welcoming environment.
- Tell the learners about the space, restrooms, emergency exits, and safety plan if a student were to become unfortunately injured, or an emergency evacuation is required.
- Tell the learners about each outcome and what it means for them, and why they are important.
- Ask if anyone has a question and begin the course.

Foundations

- Tell students you will be watching a video for them that introduces the foundations of safely recognizing an emergency, calling for help, and other relevant important information.
- Play the foundations video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

CPR, AED, and Choking

- Tell students you will be watching a video on Cardiopulmonary Resuscitation (CPR), Automated External Defibrillators (AED), and choking and choking relief. This next video covers principles for all age ranges and will help provide a foundation for reviewing and learning about adult CPR, AED, and Choking.
- Play the CPR, AED, and Choking video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

Child CPR, AED, and Choking

- Tell students that this next video will include several pauses where we get to get up and practice some of our rescue skills in isolation. At the end of the video we will be combining them together to perform Child CPR. By practicing the skills in isolation and then combined we get several opportunities to hone our skills.
 - The video will run and at several spots provide a section to pause and have students practice. The pauses will be for: initial scene management and child chest compressions, rescue breathing, AED familiarization and pad placement, and child choking relief.

- Provide students access to the Child CPR Assessment Tool and explain each step of the tool and what a complete rescue looks like.
- Allow all students to practice all skills, providing immediate feedback until optimal performance is achieved.
- Assess all students on their ability to complete the Child CPR Assessment Tool. You may have students perform individually or in groups. If you have students work in a group you must assess each student on every item requiring groups to perform multiple times.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to group discussion.

Module Resources

- Save With CPR Instructor Manual
 - <https://teach.savewithcpr.com/resources/instructor-manual>
- Save With CPR Student Manual
 - <https://teach.savewithcpr.com/resources/student-manual>
- Save With CPR Videos
 - <https://teach.savewithcpr.com/resources/videos>
- Child CPR Assessment Tool
 - <https://teach.savewithcpr.com/resources/child-cpr-assessment-tool>

Module Completion Requirements

To consider a student complete and issue a course completion certificate you must ensure the learner has:

- Access to the Save With CPR Student Manual
- Watched the videos
 - Foundations
 - CPR, AED, and Choking
 - Child CPR, AED, and Choking
- Successfully performed child choking relief
- Successfully performed all items in the Child CPR Assessment Tool

Teaching: Infant CPR, AED, and Choking

Outcomes

- Assess for and identify cardiac arrest in an infant using apnea and unresponsiveness, or pulselessness within 10 seconds and activate Emergency Medical Services.
- Upon identification of cardiac arrest perform high-quality CPR utilizing proper finger placement, proper depth, allowing for chest recoil, with an appropriate rate and rhythm in accordance with current ILCOR guidelines.
- Utilizing a single rescuer 30 compression to 2 ventilation ratio or multiple rescuer 15 compression to 2 ventilation ratio deliver rescue breaths via mouth to mouth/nose, mouth to mask, or bag valve mask ventilations.
- Upon acquisition of an automated external defibrillator performs or directs the performance of powering on the AED, properly placing the electrotherapy pads, and following the prompts of the AED.
- Immediately resumes high-quality CPR at the direction of the AED.
- Assesses for and identifies a complete foreign body airway obstruction in an infant choking victim and properly performs choking relief maneuvers to clear the obstruction.

Required Minimum Equipment (RME)

- Infant CPR Manikin With Feedback
- Infant Choking Manikin
- Training Automated External Defibrillator with Pads
- Based on Rescue Breathing Method
 - Mouth to Mouth Barriers (For Each Student)
 - Mouth to Mask Barriers (For Each Student)
 - Infant Bag Valve Mask (One Per CPR Manikin)
- Instructional Materials
 - Videos
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 - Instructor Manual (For Each Instructor)
 - Assessment Tools (For Each Assessment Station)

Lesson Plan

This lesson may take 45 - 90 minutes to complete with 6-8 students.

This lesson may be combined with other modules. If those other modules provided the foundations and/or CPR, AED, and Choking videos you do not need to play them again. Once performed you do not need to repeat your course introduction.

Introduction

- Introduce yourself to your students, and offer them the opportunity to introduce themselves creating a friendly and welcoming environment.
- Tell the learners about the space, restrooms, emergency exits, and safety plan if a student were to become unfortunately injured, or an emergency evacuation is required.
- Tell the learners about each outcome and what it means for them, and why they are important.
- Ask if anyone has a question and begin the course.

Foundations

- Tell students you will be watching a video for them that introduces the foundations of safely recognizing an emergency, calling for help, and other relevant important information.
- Play the foundations video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

CPR, AED, and Choking

- Tell students you will be watching a video on Cardiopulmonary Resuscitation (CPR), Automated External Defibrillators (AED), and choking and choking relief. This next video covers principles for all age ranges and will help provide a foundation for reviewing and learning about adult CPR, AED, and Choking.
- Play the CPR, AED, and Choking video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

Infant CPR, AED, and Choking

- Tell students that this next video will include several pauses where we get to get up and practice some of our rescue skills in isolation. At the end of the video we will be combining them together to perform Infant CPR. By practicing the skills in isolation and then combined we get several opportunities to hone our skills.
 - The video will run and at several spots provide a section to pause and have students practice. The pauses will be for: initial scene management and child chest compressions, rescue breathing, AED familiarization and pad placement, and infant choking relief.
 - Provide students access to the Infant CPR Assessment Tool and explain each step of the tool and what a complete rescue looks like.

- Allow all students to practice all skills, providing immediate feedback until optimal performance is achieved.
- Assess all students on their ability to complete the Infant CPR Assessment Tool. You may have students perform individually or in groups. If you have students work in a group you must assess each student on every item requiring groups to perform multiple times.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to group discussion.

Module Resources

- Save With CPR Instructor Manual
 - <https://teach.savewithcpr.com/resources/instructor-manual>
- Save With CPR Student Manual
 - <https://teach.savewithcpr.com/resources/student-manual>
- Save With CPR Videos
 - <https://teach.savewithcpr.com/resources/videos>
- Infant CPR Assessment Tool
 - <https://teach.savewithcpr.com/resources/infant-cpr-assessment-tool>

Module Completion Requirements

To consider a student complete and issue a course completion certificate you must ensure the learner has:

- Access to the Save With CPR Student Manual
- Watched the videos
 - Foundations
 - CPR, AED, and Choking
 - Infant CPR, AED, and Choking
- Successfully performed infant choking relief
- Successfully performed all items in the Infant CPR Assessment Tool

Teaching: Opioid Overdose

Outcomes

- Assess for and identify an opioid overdose using apnea/bradypnea, altered mental status, with a pulse within 10 seconds and activate Emergency Medical Services.
- Identify the need for naloxone and safely administer intranasal naloxone via a commercial device or mucosal atomizer device.
- Recognize the importance of rescue breaths via mouth to mouth, mouth to mask, or bag valve mask ventilations.

Required Minimum Equipment (RME)

- Adult Airway Manikin (May Use Adult CPR Manikin w/ Nose)
- Naloxone Nasal Training Device
- Based on Rescue Breathing Method
 - Mouth to Mouth Barriers (For Each Student)
 - Mouth to Mask Barriers (For Each Student)
 - Bag Valve Mask (One Per CPR Manikin)
- Instructional Materials
 - Videos
 - Student Manual (For Each Student)
 - Instructor Manual (For Each Instructor)
 - Assessment Tools (For Each Assessment Station)

Lesson Plan

This lesson may take 30 - 45 minutes to complete with 6-8 students.

This lesson may be combined with other modules. If those other modules provided the foundations and/or CPR, AED, and Choking videos you do not need to play them again. Once performed you do not need to repeat your course introduction.

Introduction

- Introduce yourself to your students, and offer them the opportunity to introduce themselves creating a friendly and welcoming environment.
- Tell the learners about the space, restrooms, emergency exits, and safety plan if a student were to become unfortunately injured, or an emergency evacuation is required.
- Tell the learners about each outcome and what it means for them, and why they are

- important.
- Ask if anyone has a question and begin the course.

Foundations

- Tell students you will be watching a video for them that introduces the foundations of safely recognizing an emergency, calling for help, and other relevant important information.
- Play the foundations video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

Opioid Overdose

- Tell students you will be watching a video on opioid overdoses. This video will cover information about what opioids are and do on the body, how they can result in an overdose and death, how to recognize an opioid overdose, and how to respond safely to an opioid overdose.
- Tell students you will be watching this video and at the end will be practicing opioid overdose recognition, rescue breathing, and naloxone administration.
 - Provide students access to the Opioid Overdose Assessment Tool and explain each step of the tool and what a complete rescue looks like.
 - Allow all students to practice all skills, providing immediate feedback until optimal performance is achieved.
 - Assess all students on their ability to complete the Opioid Overdose Assessment Tool. You may have students perform individually or in groups. If you have students work in a group you must assess each student on every item requiring groups to perform multiple times.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

Module Resources

- Save With CPR Instructor Manual
 - <https://teach.savewithcpr.com/resources/instructor-manual>
- Save With CPR Student Manual
 - <https://teach.savewithcpr.com/resources/student-manual>
- Save With CPR Videos
 - <https://teach.savewithcpr.com/resources/videos>
- Opioid Overdose Assessment Tool
 - <https://teach.savewithcpr.com/resources/opioid-overdose-assessment-tool>

Module Completion Requirements

To consider a student complete and issue a course completion certificate you must ensure the learner has:

- Access to the Save With CPR Student Manual
- Watched the videos
 - Foundations
 - Opioid Overdose
- Successfully performed all items in the Opioid Overdose Assessment Tool

Teaching: First Aid

Outcomes

- Recognize an emergency situation with the ability to differentiate between a medical and trauma emergency.
- Activate Emergency Medical Services (EMS), safely remain with the victim, and appropriately answer questions asked by emergency medical dispatchers.
- Apply basic principles of first aid care to aid a victim suffering from a medical and/or trauma emergency in such a way that the rescuer remains unharmed.

Required Minimum Equipment (RME)

- Instructional Materials
 - Videos
 - Student Manual (For Each Student)
 - Instructor Manual (For Each Instructor)
 - Assessment Tools (For Each Assessment Station)

Lesson Plan

This lesson may take 30 - 45 minutes to complete with 6-8 students.

This lesson may be combined with other modules. If those other modules provided the foundations and/or CPR, AED, and Choking videos you do not need to play them again. Once performed you do not need to repeat your course introduction.

Introduction

- Introduce yourself to your students, and offer them the opportunity to introduce themselves creating a friendly and welcoming environment.
- Tell the learners about the space, restrooms, emergency exits, and safety plan if a student were to become unfortunately injured, or an emergency evacuation is required.
- Tell the learners about each outcome and what it means for them, and why they are important.
- Ask if anyone has a question and begin the course.

Foundations

- Tell students you will be watching a video for them that introduces the foundations of safely recognizing an emergency, calling for help, and other relevant important information.

- Play the foundations video for your students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

First Aid

- Tell students that they will be watching a video about first aid and appropriate actions to render aid before the arrival of Emergency Medical Services (EMS) and activating EMS.
 - There is no required practical component to this module. You are welcome to make skill training available to your students.
 - You may also include first aid that is unique to your situation/students.
- Upon conclusion of the video ask students if they have any questions, provide answers, and be open to a group discussion.

Module Resources

- Save With CPR Instructor Manual
 - <https://teach.savewithcpr.com/resources/instructor-manual>
- Save With CPR Student Manual
 - <https://teach.savewithcpr.com/resources/student-manual>
- Save With CPR Videos
 - <https://teach.savewithcpr.com/resources/videos>

Module Completion Requirements

To consider a student complete and issue a course completion certificate you must ensure the learner has:

- Access to the Save With CPR Student Manual
- Watched the videos
 - Foundations
 - First Aid

Issuing a Certificate of Completion

Save With CPR makes planning, offering, running, and completing life safety training as simple as possible. Our online teaching portal (<https://teach.savewithcpr.com>) is a central location for instructors to access course materials, roster management, and issue certificates of completion.

Principles

Save With CPR is a robust and thorough life safety curriculum that doesn't get in the way. We want your classroom to fit the needs of your students and you. As such we make running a course and issuing certificates of completion a breeze. You may combine the different modules in any way you see fit based on the needs of your students. Each module has a lesson plan, course materials, and clear and concise module completion requirements. Once your student(s) have successfully completed all items listed under module completion requirements you are authorized to issue a certificate of completion in their name with the completed modules. You issue these certificates of completion using the roster manager within the online teaching portal.

Roster Manager

<https://teach.savewithcpr.com/rosters>

Issuing certificates and managing rosters requires an active subscription to Save With CPR. You may direct technical questions to help@savewithcpr.com. Upon logging into the online instructor portal and navigating to the roster manager you will have the ability to create, edit, view, and complete course rosters.

Minimum Roster Information

Rosters require the following information at a minimum:

- Lead Instructor of Record
 - This will always be the logged in instructor
- Course Completion Date
 - You must identify the date the entire course completed
- Course Status
 - The status of the course
 - Complete

- Canceled
 - Draft
- Course Location
 - You must include an address where the skills verification took place
- Course Modules
 - You must select all of the course modules covered and tested
- Students
 - Student First Name
 - Student Last Name
 - Student Email
 - Student Status
 - Complete
 - Incomplete

Certificate Verification

<https://verify.savewithcpr.com>

Upon completing a roster and issuing certificates of completion an email will be sent to all of your students with a congratulation email that includes your information and their certificate. Many times these emails get lost or go to spam. If your learners are requesting a copy of their certificate or an employer is looking to validate a certificate. You should direct them to <https://verify.savewithcpr.com> which allows them to enter the student or certificate details to verify its validity.

Conclusion

This document is your guide to teaching the Save With CPR curriculum. Please make sure to fully read and understand this document, the student manual, be comfortable with the online teaching portal, and have watched all of the module videos. Questions may be directed to help@savewithcpr.com where we can assist with more individual questions.

