

CPR & Emergency Cardiovascular Care

Q: What is the Adult & Child CPR Anytime Kit?

A: The American Heart Association's Adult & Child CPR Anytime Training Kit contains everything needed to learn the lifesaving skills of CPR, how to use an AED, and how to relieve choking in about 30 minutes in the comfort of a student's own home, office, or other location. The kit also covers first aid topics and special circumstances for responding to an emergency. In addition to personal and family use, kits can also be used to train small groups and community organizations.

Q: Who is the target audience for this kit?

A: This kit is designed to be used to train individuals, family, friends, small groups, community organizations, and anyone else who wants to learn the lifesaving skills of CPR, AED, and basic first aid. This kit is for people who do not need a course completion card for a job or other requirements. This kit is ideal for community groups, parents, grandparents, caregivers, and others interested in learning how to save a life.

Q: Specifically, what content is taught in Adult & Child CPR Anytime?

A: Adult & Child CPR Anytime teaches:

- Adult CPR with Breaths
- Child CPR with Breaths
- Adult and Child Choking Relief
- General AED Awareness
- Bonus Topics: Special Circumstances when Using an AED; Allergic Reactions; and Bleeding Control

Q: What is new or different about the Adult & Child CPR Anytime Training Kit?

A: The following changes have been made to the Adult & Child CPR Anytime kit:

- New updated look and feel of all components
- Kit is now contained within a convenient bag instead of a cardboard box
- Includes AHA AED Trainer with with adult pads
- Videos include full animation
- Training experience now includes new CPR Anytime Interactive app
- Content includes optional bonus topics in first aid and special circumstances when using an AED

Q: Does successful completion of Adult & Child CPR Anytime result in an AHA course completion card?

A: No. However, a certificate of participation (course completion) or a badge of participation (app completion) is available to print or share from the CPR.Heart.org website.

Q: Is there a written test that must be completed for Adult & Child CPR Anytime?

A: No.

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Q: Does Adult & Child CPR Anytime offer continuing education (CE) credits?

A: No.

Q: Approximately how long does Adult & Child CPR Anytime take to complete?

A: The program format allows students to learn adult and child CPR and choking relief skills together or separately. The Adult & Child CPR Anytime course takes about 40 minutes to complete and includes bonus video for special circumstances when using an AED, recognizing signs of a heart attack, allergic reactions, and bleeding control.

Following are the approximate completion times for each module:

- Adult CPR and AED awareness (required): approximately 14 minutes
- Child CPR with breaths (optional): approximately 17 minutes
- Child choking relief (optional): approximately 3 minutes
- Adult choking relief (optional): approximately 3 minutes
- Bonus topics (optional): approximately 17 minutes

Q: What is included in the Adult & Child CPR Anytime Training Kit?

A: Each kit contains the following components, all of which are bilingual (English and Spanish):

- 1 Mini Anne® CPR personal manikin
- 1 Mini Anne replacement lung
- 1 AHA AED Trainer with adult pads
- Instruction insert with QR code and URL to access the Adult & Child CPR Anytime Community Resource webpage, which includes:
 - Adult & Child CPR Anytime bilingual (English and Spanish) streaming videos in full animation
 - Bonus topics: Special circumstances for using an AED, allergic reactions, and bleeding control (English and Spanish)
 - Adult & Child CPR Anytime Interactive app to enhance the training experience; includes a participation badge to share via social media (English and Spanish)
 - Online educational reference materials: How to use the kit, skills reminder card, and more (English and Spanish)
 - Official Adult & Child CPR Anytime Certificate of Participation (English and Spanish)
- 1 reusable bag for convenient storage

Q: Can the Adult & Child CPR Anytime streaming videos be purchased separate from the kit?

A: No.

Q: Can the Adult & Child CPR Anytime streaming videos be used without the included manikin?

A: Skills are taught with the AHA's research-proven practice-while-watching technique, which allows for practice on a manikin while observing a demonstration of the skills in the video. The best training results will come from using the streaming videos and manikin together.

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Q: What is the Adult & Child CPR Anytime Interactive app?

A: CPR Anytime now includes the Adult & Child CPR Anytime Interactive app to provide a comprehensive, self-facilitated training solution in one web-based app that allows students to elevate their CPR and AED training experience through gamification. This includes calling 9-1-1, performing CPR, and using an AED for adults and children. The app also features a completion badge that students can share via social media to recognize their training achievement.

Q: Can the CPR Anytime Interactive app be purchased separately from the kit?

A: No.

Facilitating Adult & Child CPR Anytime Training

Q: Is an AHA Instructor or facilitator needed to conduct training using the Adult & Child CPR Anytime Kit?

A: No, CPR Anytime kits are designed to be self-facilitated. However, it is possible to conduct a facilitator-led course. Facilitators can be anyone who wishes to help pass on lifesaving CPR skills. As a facilitator-led course, Adult & Child CPR Anytime 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.

Purchasing Materials

Q: Where/how can customers purchase Adult & Child CPR Anytime Training Kits?

A: Adult & Child CPR Anytime Training Kits can be purchased through ShopCPR.Heart.org, or from the AHA's product distributors, Laerdal or WorldPoint.

Technical Issues

Q: Whom should customers contact if they have problems with their Adult & Child CPR Anytime Training Kit(s)?

A: Customers should contact ShopCPR.Heart.org or the AHA distributor from whom they purchased their kit(s).

Q: Whom should customers contact if they have trouble with the Adult & Child CPR Anytime Interactive app?

A: For any issues with the app please review the general tips below:

Adult & Child CPR Anytime app General Tips

- Phones should be fully charged
- Screens should be adjusted to maximum brightness
- Privacy screen protectors should be removed from the phone
- Ensure you have reliable Internet access

If issues with the app continue, you may contact AHA Customer Support at 877-242-4CPR (4277) or inquiries@heart.org.