

Student Setup Guide

Getting Ready for a Virtual Skills Session With the
Heartsaver[®] First Aid CPR AED Training Kit

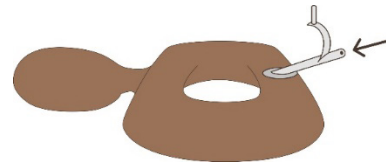
1. Gather your equipment

- Heartsaver First Aid CPR AED Training Kit
- Smart mobile device
- Laptop or tablet with webcam
- Reliable Internet access
- Highlighter or pen, if your training will include first aid



2. Prepare your manikin

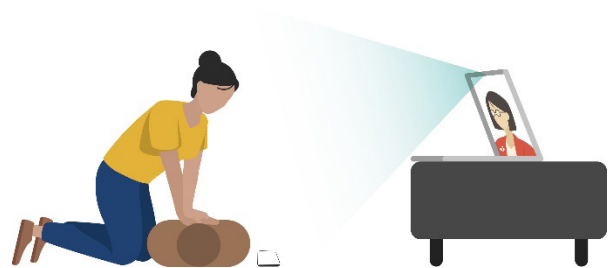
- Unpack your manikin.
- Inflate it as much as you can. (Pinch the valve stem between breaths to minimize air leakage.)
- Reinsert the stopper into the tube.
- Practice pushing on the manikin's chest and giving breaths. *It's important to be familiar with your manikin before you start your virtual skills session.*



3. Prepare for the call

- Place your laptop or tablet on the floor in front of you. You might have to elevate the laptop or tablet on a book or table to see the screen properly.
- Place your manikin directly in front of you.
- Place your mobile device faceup on the floor between the manikin and the laptop or tablet so that your mobile device's front-facing camera can detect your compressions by your head movements.

The distance and height of your laptop might need to be modified until you can see the screen and your instructor can see you and your hand placement, the manikin, and the feedback app.



Mobile Device Requirements

- Phones should be fully charged before class.
- Screens should be adjusted to maximum brightness.
- Privacy screen protectors should be removed from the phone.

4. Access the app, and join the call

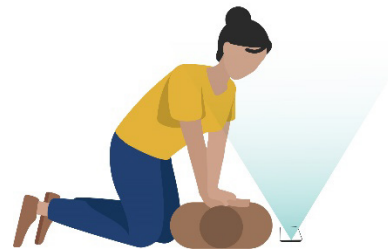
- To access the Heartsaver Feedback App, use your mobile device to scan the QR code or access the URL provided by your instructor.
- The app will open in your Internet browser. You won't need to install anything.
- When your class is scheduled to begin, join the video call that your instructor scheduled on your laptop or tablet and wait for the introduction.



<https://heartsavertraining.heart.org>

5. Correctly place yourself in front of your mobile device

- Make sure that your head is in the center of the camera frame when you lean over the manikin.
- The app will calculate your compression rate by detecting your head movements.



6. Improve your CPR skills with feedback

While you are practicing, you will receive feedback on your compression rate. Here is how to interpret the feedback:



Green screen with checkmark
Great compression rate;
continue that pace.



Red screen with minus sign
You are compressing *too fast*;
you need to slow down.



Blue screen with plus sign
You are compressing *too slowly*;
you need to speed up.



7. Let your instructor observe you and your mobile device's screen

During practice and skills testing, your instructor will observe your CPR position and your mobile device's screen to help you improve your skills.

