



American  
Heart  
Association.



## Adult & Child CPR Anytime® Training Kit

With 70% of out of hospital cardiac arrests happening in the home, be prepared to act in an emergency and save the life of a family member, coworker, or someone in distress.

Learn the lifesaving skills of CPR and First Aid with the **all-new Adult & Child CPR Anytime Training Kit**, a hands-on, self-facilitated learning program that teaches CPR, how to use an AED, choking relief, and more. Learn and practice on your own at home or share with friends and family.

**Learn. Practice. Share.**



▶ [HEART.ORG/CPRANYTIME](https://www.heart.org/cpranytime) #CPRWITHHEART



The Adult & Child CPR Anytime® Training Kit is designed to meet the needs of individuals, families, community organizations, and universities and can be facilitated by anyone, anytime in about 30 minutes.

### PRODUCT FEATURES:

- Provides both lifesaving skills of CPR and first aid
- Includes the all-new Adult & Child CPR Anytime Interactive App to enhance your training experience
- Portable kit is reusable and can be shared with family and friends
- Easy to facilitate with streaming video
- Includes AED training simulator with adult pads
- Training developed from the latest science and research from the AHA
- Taught with the AHA's research proven practice-while watching technique with Mini Anne manikins
- Earn a certificate or badge of participation

### TOPICS:

- CPR related topics include Adult & Child CPR with breaths, Steps leading up to CPR, Pushes on the chest, How to use an AED, Child CPR with breaths, and Adult & Child choking relief
- First aid related video topics include: Special circumstances when using an AED, Allergic Reactions, and Bleeding Control

