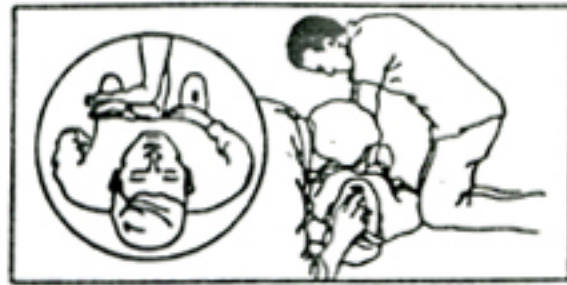


CARDIOPULMONARY RESUSCITATION



How CPR Training Works

I. Lecture method courses

A. CPR (Lecture Method)

Red Cross authorized volunteer instructors conduct classes at Red Cross chapters and other locations throughout the country. Lectures and demonstrations by instructors and practice by students on manikins are the primary teaching methods used. The course covers mouth-to-mouth breathing, one- and two-rescuer CPR, care for a conscious or unconscious choking victim, respiratory emergencies, and CPR for babies and children. (Length: approximately eight hours)

B. CPR: Race for Life (Lecture Method)

This course uses the lecture-discussion-practice format and covers one-rescuer CPR for an adult victim. (Length: approximately four hours)

II. Modular system courses

A. CPR (Modular System)

Students proceed at their own pace through an integrated series of steps that combine the use of—

1. A programmed, illustrated, individual workbook.
2. Peer practice—working together to achieve skills.
3. Manikins for safe, realistic practice.
4. Evaluation by authorized CPR instructors.

The workbook, *Red Cross CPR Module: Respiratory and Circulatory Emergencies* (Stock No. 321113, ISBN: 0-86536-019-7), is organized into the following units:

Unit 1: Mouth-to-Mouth Breathing

Unit 2: One-Rescuer CPR

Unit 3: Two-Rescuer CPR

Unit 4: Care for a Choking Victim Who Is Conscious

Unit 5: Care for a Choking Victim Who Is Unconscious

Unit 6: Respiratory Emergencies: Babies and Children

Unit 7: CPR for Babies and Children

This complete CPR (Modular System) course uses all seven units of the workbook. (Length: approximately seven hours)

B. CPR: Race for Life (Modular System)

This course covers one-rescuer CPR for an adult victim; the first two units of the workbook are used. (Length: approximately three hours)

III. Certification

A CPR certificate is issued to the student at the successful completion of each course.

IV. Instructor training

Instructor courses are available and are designed to prepare candidates to teach the above courses. Prerequisites: age 17 and a current certificate in Red Cross CPR (full-length course). (Length: varies with background and type of training, approximately four to twelve hours)