

Dear educator,

These High School CPR Toolkits are designed to facilitate CPR training by teachers.

**Directions for use**

* Complete the pre-test (optional)
* Play the Artie the Heart video. This video provides the most detailed instruction on bystander CPR and AED use.
* Review the Key Messaging document
* Complete the post-test (optional)
* Have students perform 2 minutes of CPR, ensuring the correct depth, recoil off the chest and cadence
* (Note: play a song that is 100 beats per minute or use a metronome beat. These can be downloaded to any smart phone)
* Have students practice with the AED Trainer
* Play the 90 second Bucket Boys video
* Assign homework or extra credit: the students must teach 5 other people Bystander CPR. (optional)

**Illinois Heart Rescue (ILHR) Mission**

The mission of ILHR is to double neurologically intact survival for victims of out of hospital cardiac arrest. Research has demonstrated that Bystander CPR can double to triple survival! As a grassroots not-for-profit organization, we do not have the bandwidth to teach Bystander CPR to the entire State of Illinois. However, if every person that receives this lifesaving education “passes it on” to 5 other people we can greatly increase our reach. Therefore, we have adopted a Pay It Forward model. Please keep this in mind as you are considering assigning homework and/or extra credit. Documents have been included in your packet that the students can have signed by those they teach.

**Traditional CPR classes**

Some schools already have programs in place in which they are teaching traditional certification CPR classes that are designed by the AHA or ARC. ILHR is a proud partner of both of these organizations and we fully support this more detailed education. For those schools that have this program in place, continue to teach these programs. Please consider adding the Artie the Heart Video and Bystander CPR education to the **yearly** Physical Education, Health education, or Science curriculum.

**Layer Learning**

Illinois State's Lauren’s Law only requires educators to provide this life saving education once during the 4-year high school experience. However, please consider adding this to your *yearly* curriculum for all high school students (9th through 12th grade). We cannot consider one exposure to Bystander CPR as “one and done”. The adage, “if you do not use it, you lose it”, is certainly true. Research has demonstrated frequent exposures to simple key messaging, such as the CPR educational videos provided in this kit, will increase retention of didactic and tactile learning.

**Additional Resources**

Illinois Heart Rescue \*note: all HS Toolkit documents can be downloaded from our website.

[Illinosheartrescue.com](illinoisheartrescue.com)

American Heart Association

[www.heart.org](http://www.heart.org)

American Red Cross

[www.redcross.org](http://www.redcross.org)

Sincerely,

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