

Course: Citizen CPR



Course

Citizen CPR

Purpose

The purpose of the course is to teach untrained bystanders how to perform hands-only CPR.

Prerequisites

There are no prerequisites or minimum age to participate in the course.

Learning Objectives

- Describe when and how to perform hands-only CPR.
- Demonstrate how to perform hands-only CPR.

Length

30 minutes

Instructor

American Red Cross instructors whose current certification includes CPR are eligible to teach this course after self-orienting to the materials. Anyone who is not a CPR instructor must successfully complete a one-hour leader training course and sign a leader agreement.

Certification Requirements

None

Certificate Issued and Validity Period

There is no certificate for this course.

Participant Materials

- *Hands-Only CPR Ready Reference*
- *How to Perform Hands-Only CPR* video segment
- Citizen CPR Compression Trainer (optional take home)

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