



### What is it?

Family & Friends CPR Anytime Personal Learning Program allows everyone—especially those who would likely never attend a traditional CPR course—to learn the core skills of CPR in just 20 minutes by using their own personal kit. The kit contains everything needed to learn basic CPR, AED skills and choking relief anywhere, from the comfort of home to a large community group setting.

### You can save a life

Almost 80% of cardiac arrests occur outside a hospital (for example, at home, in a park or at work). About 92% of those victims don't survive because, often, people around them don't step in to perform CPR.

You can help change this sad fact. By learning the skills of CPR and passing this kit on to your family and friends, you can be more prepared to save a life.

### Course content includes

- The latest science
- Hands-Only™ CPR for adults, CPR with breaths for children
- Bilingual (English and Spanish) instructions, materials and video to better serve more people
- A personal, inflatable Mini Anne® CPR manikin that clicks when you've pushed hard enough
- CPR skills practice DVD that can be used to refresh skills and train others
- Skills reminder card to carry with you and review as needed
- Manikin wipes and a replacement lung for those interested in sharing the kit

### How it works

The all-in-one kit includes American Heart Association science and educational research. The unique practice-while-watching instructional method allows students to practice skills on a personal manikin while watching the skills on the DVD.

CPR Anytime is a research-proven way to learn and retain the skills of CPR. The kit can be used as self-directed training in the comfort of your own home or in a group setting.

Because CPR Anytime can be shared with family and friends, we hope this program will increase the number of people who can—and do—perform CPR in an emergency.\*

**When lives are at stake, don't settle for less. Insist on quality training from the leader in emergency cardiovascular care programs—the American Heart Association.**



**1-877-AHA-4CPR**

**shopcpranytime.org**