

Workplace CPR Training Guide

Purpose

To provide guidance in establishing a workplace CPR training program.

About Sudden Cardiac Arrest

- Sudden cardiac arrest (SCA) can happen at any time, and without warning. The chances of surviving such an event are about 6 percent.
- SCA is most commonly triggered by an electrical malfunction of the heart, but can also occur due to a blocked artery, such as in a heart attack.
- Time is critical for a victim of SCA, because when the heart fibrillates in SCA, victims do not get blood or oxygen to the brain or other organs.
- Death can occur within 7 minutes.
- Providing the patient with CPR during the critical time while waiting for help to arrive and using an automated external defibrillator (AED) will provide some circulation to the brain and can double the victim's chances of survival.

CPR Training Can Save Lives

There are several CPR courses that are well suited for employees. Typically an employee does not need certification, but just need to learn how to recognize a sudden cardiac arrest and how to provide CPR. This type of training can be quick and inexpensive when using either of the two programs described below.

Learning to performing bystander CPR does not require certification. If your workplace or specific job (lifeguard, childcare worker) requires CPR certification please refer to the AHA website for a list of certification courses:

<http://www.americanheart.org/presenter.jhtml?identifier=3011774>.

Available Products for General Workplace CPR Training

- CPR Anytime for Family and Friends. Available from the American Heart Association, retail price \$29.95 per kit. (www.cpranytime.org) Length 22 mins
- First Aid and CPR for Everyone. Available from the American Red Cross, retail price \$9.95 per kit. (www.redcrossstore.org/workplace) Length 45 mins

These programs are self-instructional programs and allow individuals to learn the skill quickly. Additionally the kits can be used for refresher practice and can be taken home to teach family members.

These CPR training programs work well when offered over a lunch period or break in a location that accommodates several employees comfortably. Group sessions are efficient and allow employees to assist one another in learning the skill.

What do I need to run a CPR Training program at my office?

Designate a leader to facilitate the training and answer questions. The leader does not have to be an instructor, or CPR certified. It can be someone who has completed the DVD and feels comfortable with the material. Most large businesses employ someone who is knowledgeable about CPR, or have a wellness coordinator, who could fill this role.

1. Order individual CPR kits (www.cpranytime.org or www.redcrossstore.org/workplace)
2. Arrange for a room, with a DVD player to hold the training session.
3. On the day of the session, put in the DVD (provided with the kit) and follow along.
4. Practice as often as you would like and encourage employees to teach family members and friends.

Congratulations on organizing a worksite CPR training program and recognizing that we can help a sudden cardiac arrest victim.

For more information visit TakeHeartAmerica.org or email TakeHeartColumbus@gmail.com