

Student Hands-Only CPR Training Checklist

Project Goal:

- **Individual Grantees:** Provide training to at least 25 students.
- **Group Grantees:** Provide Hands-Only CPR Training to at least 50 students.

Preparation:

- Contact teachers and school administrators to set up a training time. The training may be done as part of a health curriculum or it may be set up outside of regular school hours.
- Consult the map on the following website to find a trainer in your area.
 - <http://dphhs.mt.gov/publichealth/EMSTS/cardiaready/MontanaHeartRescueCPRTraining>
 - The trainer will supply a training kit which includes:
 - 1 Wheeled classroom carry bag
 - 10 Mini Anne Plus inflatable manikins
 - 10 Individual carry bags
 - 1 Hand pump for manikin inflation
 - 5 Practice-while-watching training DVDs
 - 1 Facilitator Guide
 - 1 Facilitator Binder that contains the lesson plan, pre- and post-test, and additional supplementary material
 - 10 AED training simulators
 - 2 Mesh collection and storage bags
 - 10 Replacement airways
 - 10 Replacement face masks
 - 10 Kneel mats
 - 50 Manikin wipes
 - Mini-grant awardees may choose to conduct the trainings with or without the assistance of the local trainer. Anyone can teach the course using the syllabus and videos, but it is helpful to have a knowledgeable trainer available to help answer questions and demonstrate proper technique.
- Obtain course materials from the DPHHS MT Heart Rescue CPR Training website.
 - Class Syllabus
 - CPR Fact Sheet
 - CPR Hands Only Card
 - CPR Postcard

Conduct Training:

- Follow the course syllabus
- Re-pack the tote and clean the manikins with the provided wipes. Note any damaged manikins or missing supplies. If conducting the training on your own, return the tote to where you checked it out and notify the local trainer of missing or damaged supplies.

Report Results:

- Go to the [MT Heart Rescue website](http://dphhs.mt.gov/schoolhealth/grants) and enter your class data. Click Facilitator Login in the right shaded area. User name is **facilitator** and the password is **shock**.
- Complete the outcomes report form and return it to the School Health Program by May 31, 2021. The outcome report form can be found on the grant application page, <http://dphhs.mt.gov/schoolhealth/grants>. Outcome report can be email, mailed, or faxed to the program using the information on the form.

For More Information:

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