

## CPR & First Aid

*As of September 26, 2017*

**Q: What is the Adult & Child CPR Anytime kit?**

A: The AHA's Adult & Child CPR Anytime Kit contain everything needed to learn the lifesaving skills of CPR, AED awareness, and choking relief in the comfort of a home, office, or other location. In addition to personal and family use, kits can also be used to train small groups and community organizations.

**Q: Who is the target audience for this course?**

A: Adult & Child CPR Anytime is intended for anyone who wants to learn basic lifesaving skills with the flexibility of a self-directed program. This kit is for people who do not need a course completion card for a job or other requirements. This course is ideal for community groups, parents, grandparents, caregivers, and others interested in learning how to save a life.

**Q: Specifically, what content is taught in Adult & Child CPR Anytime?**

A: Adult & Child CPR Anytime teaches:

- Adult Hands-Only CPR
- Child CPR with breaths
- Adult and child choking relief
- Adult Choking Relief
- General AED awareness

**Q: What is new or different about the Adult & Child CPR Anytime kit?**

A: The following changes have been made to the Adult & Child CPR Anytime kit:

- New universal skin tone manikin
- Updated look and feel for box and other components

**Q: Is there a written test that must be completed for Adult & Child CPR Anytime?**

A: No.

**Q: Does successful completion of Adult & Child CPR Anytime result in an AHA course completion card?**

A: No. However, a certificate of participation is available to print from the [CPR.Heart.org](http://CPR.Heart.org) [website](#).

**Q: Does Adult & Child CPR Anytime offer continuing education (CE/CME) credits?**

A: No.

**Q: Approximately how long does Adult & Child CPR Anytime take to complete?**

A: The modular format allows students to learn adult and child CPR, and choking relief skills together or separately. The full kit, including all optional modules, takes about 40 minutes.

Following are the approximate completion times for each module:

- Adult Hands-Only CPR and AED awareness (required): approximately 14 minutes
- Child CPR with breaths (optional): approximately 17 minutes
- Child choking relief (optional): approximately 3 minutes
- Adult choking relief (optional): approximately 3 minutes

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### Kit Materials

**Q: What is included in the Adult & Child CPR Anytime Kit?**

A: Each kit contains:

- 1 bilingual (English/Spanish) Adult & Child CPR Anytime DVD
- 1 Mini Anne® personal CPR manikin
- 1 bilingual Skills Reminder Card
- 1 Mini Anne replacement lung
- Manikin wipes

**Q: Can the Adult & Child CPR Anytime DVD be purchased separate from the kit?**

A: No.

**Q: Can the Adult & Child CPR Anytime DVD be used without the included manikin?**

A: Skills are taught with the AHA's research-proven practice-while-watching technique, which allows for practice on a manikin while observing a demonstration of the skills in the video. The best training results will come from using the DVD and manikin together.

### Facilitating Adult & Child CPR Anytime Training

**Q: Is an AHA Instructor or Facilitator needed to conduct training using the Adult & Child CPR Anytime Kit?**

A: No, CPR Anytime kits are designed to be self-directed. However, it is possible to conduct a Facilitator-led course. Facilitators can be anyone who wishes to help pass on lifesaving CPR skills. As a facilitator-led course, Adult & Child CPR Anytime extends the availability of and access to training, so that more people can learn CPR and use their skills to act quickly in an emergency.

### Purchasing Materials

**Q: Where/how can I purchase Adult & Child CPR Anytime kits?**

A: Adult & Child CPR Anytime kits can be purchased through our retail website, [Shop Heart](#), or from any of AHA's three product [Distributors](#) (Channing Bete, Laerdal, and WorldPoint).

### Technical Issues

**Q: Who should I contact if I have problems with Adult & Child CPR Anytime kits?**

A: Customers should contact [Shop Heart](#) or the AHA Distributor from whom they purchased kits.