2011 Family & Friends® CPR Anytime® Adult/Child Kit
(Light Skin = Product #90-1003; Brown Skin = Product #90-1004)

Frequently Asked Questions (FAQs)

Q: What is Family & Friends CPR Anytime (CPR Anytime)?
   CPR Anytime is a self-directed learning program that allows users to learn the skills of CPR, choking relief and AED awareness anywhere, from large group settings to the comfort of their own homes. The kit is designed to be shared among close family and friends. For every kit distributed, it is estimated that 2.5 additional people are trained. In fact, some CPR Anytime programs report that as many as 7-8 additional people were trained using the same kit.

CPR Anytime teaches CPR using the AHA’s research-proven “practice while watching” technique, which allows users to watch and learn lifesaving skills with the aid of an instructional DVD while practicing on a personal manikin. This fully bilingual (English/Spanish) kit helps extend lifesaving training to more people.

Q: What is new and/or different about 2011 version of CPR Anytime?
A: The CPR Anytime adult/child kit has been updated to reflect science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (2010 AHA Guidelines for CPR & ECC), including an emphasis on Hands-Only™ CPR for adult sudden cardiac arrest. Both the skills practice manikin and instructional video have been updated to conform to 2010 Guidelines Science recommendations. Additional differences include:

2006-2010 Kit
• Teaches both Hands-Only CPR and conventional CPR for adults
• Teaches giving breaths, then compressions for child CPR
• Personal manikin setting had to be adjusted to measure differing compression depth for adults and children

2011 Kit
• Teaches only Hands-Only CPR for adults
• Teaches giving compressions, then breaths for child CPR
• Personal manikin now measures same compression depth for adult and child CPR (no tab settings necessary)
• Program features new box graphics, video and host

Q: Who is the target audience for this kit?
A: CPR Anytime is for the general public, specifically anyone who wants to learn basic CPR skills, choking relief and AED awareness, and does not need a course completion card to meet a job requirement.

This kit is designed to be shared among close family and friends. For every kit distributed, an estimated 2.5 additional people are trained.
Q: **What is included in the CPR Anytime kit?**
A: The CPR Anytime kit includes the following components:
- 1 bilingual (English/Spanish) Family & Friends CPR Anytime DVD to refresh skills as often as needed
- 1 poly-bagged Mini Anne® CPR personal manikin that clicks when you’ve pressed hard enough
- 1 bilingual (English/Spanish) Skills Reminder Card to carry with you for skills reference
- 1 Mini Anne replacement lung to exchange when sharing the kit (additional replacement lungs can be ordered from AHA’s Distributors Channing Bete, Laerdal, WorldPoint)
- Manikin wipes to clean Mini Anne after use and before sharing with close family member or friend

Q: **What is taught in CPR Anytime?**
A: CPR Anytime is an “all-in-one” training kit that teaches the basic skills of adult or child CPR and AED awareness in about 20 minutes. Full content includes:
- Adult Hands-Only CPR
- Child CPR (including breaths)
- Adult and child choking relief
- Use of an AED

Q: **Approximately how long does CPR Anytime take to complete?**
A: As with the 2006-2010 kit, basic skills of adult or child CPR and AED awareness can be taught in about 20 minutes.

Additional sections of the DVD, which add additional time include:
- How to use the MiniAnne personal manikin
- Adult and child choking relief
- More in-depth information on using an AED

Q: **CPR Anytime is designed to be shared?**
A: Yes. To pass on lifesaving skills, the kit is designed to be shared among close family and friends (anyone you would share a glass of water with). The kit includes alcohol wipes for cleaning the MiniAnne® personal manikin and a replacement “lung” for MiniAnne that can be inserted easily. Extra wipes and lungs can be ordered from the AHA’s Distributors (Channing Bete, Laerdal, WorldPoint).

Q: **Is the CPR Anytime kit available in other languages?**
A: The CPR Anytime kit is fully bilingual (English/Spanish) for the U.S. market. There are no additional translations of the kit planned at this time.

Q: **Is there a CPR Anytime kit that teaches infant CPR?**
A: Yes, the Infant CPR Anytime kit is currently being updated to reflect science from the 2010 AHA Guidelines for CPR & ECC. It is estimated that this kit will be available in the summer of 2011.

Q: **Does successful completion of CPR Anytime result in an AHA Course Completion Card?**
A: No. CPR Anytime is intended for anyone who wants to learn basic CPR skills, choking relief and AED awareness, and does not need a course completion card to meet a job requirement.

Q: **Does CPR Anytime offer continuing education (CE/CME) credits?**
A: No.
Q: How is CPR Anytime packaged?
A: The all-in-one CPR Anytime kit comes in a 9” x 12” cardboard box.

Q: Is the Mini Anne manikin latex free?
A: Yes.

Q: Is the CPR Anytime DVD closed-captioned for the hearing impaired?
A: Yes.

Q: Where/how can I purchase CPR Anytime?
A: Quantities up to 50 kits may be purchased directly from www.ShopCPRAnytime.org. This site features more information about the program, including scientific research and case studies.

CPR Anytime also can be purchased in larger quantities from any of ECC’s three Distributors (Channing Bete, Laerdal, WorldPoint).

Extra alcohol wipes and MiniAnne replacement lungs can be ordered from the AHA’s Distributors (Channing Bete, Laerdal, WorldPoint).

Q: Are the individual components of the CPR Anytime kit sold separately?
A: No. Also, these “all-in-one” CPR Anytime kits are designed to work as a unit. No pieces can be sold separately. However, extra alcohol wipes and MiniAnne replacement lungs can be ordered from the AHA’s Distributors (Channing Bete, Laerdal, WorldPoint).

Q: Who should I contact if I have problems with CPR Anytime?
A: For problems with this product, customers should contact the AHA ECC Distributor from whom they purchased the product, or email us directly at cpranytime@heart.org.