

Heartsaver®

AED

American Heart  
Association®   
*Learn and Live*™

## AED Anytime™

### Heartsaver AED Anytime Course Models

#### Course Overview

The Heartsaver AED *Anytime* program allows for maximum flexibility in course delivery. The program is designed to be offered in a group or independent setting. Students complete the CPR Skills Practice DVD, Heartsaver AED Anywhere CD-ROM, and adult CPR skills testing with an AHA instructor (Basic Life Support or Heartsaver).

#### Instructor Model

The instructor model allows for optimal face-to-face time with students. The instructor teaches the traditional CPR course and facilitates the CPR skills test. The CD-ROM AED segment of the course is completed by the student on a computer.

#### Self-Directed/Instructor Model

The CPR and AED segments of the course are completed individually, followed by CPR skills testing with an American Heart Association instructor (Basic Life Support or Heartsaver).

#### Self-Directed Model

Participants complete the CPR and AED segments independently and perform their skills test on a skill reporter manikin.

#### CPR Skills

The CPR skills segment is approximately 30 minutes. CPR skills are learned in “practice-while-watching” (PWW) lessons during which students practice adult and child (optional) CPR skills as the video guides them. Additional lessons include the use of barrier devices and relief of choking.

AED skills are learned through an interactive CD-ROM program which takes a student no more than 45-50 minutes to complete. The participant completes nine lessons and a skills test. Once the participant has completed the lessons, he/she prints out a certificate indicating that he/she completed the AED segment of the course.

In order to receive a two-year course completion card, participants must complete the CPR and AED segments and pass a CPR skills test. A skills test can be administered by an American Heart Association instructor (Basic Life Support or Heartsaver). A skills test must be completed within 60 days of completing Heartsaver AED Anywhere CD-ROM.

To find out more about this and other American Heart Association learning programs, please visit [americanheart.org/cpr](http://americanheart.org/cpr)

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PERSONAL LEARNING PROGRAM

AED Anytime™

**CPR Testing Checklist for Heartsaver AED Anytime**

Name: \_\_\_\_\_  
Date of Test: \_\_\_\_\_

Skill Step	Critical Performance Steps	Adult/Child CPR	Infant CPR
1	Checks for response	<input type="checkbox"/> If done correctly	<input type="checkbox"/> If done correctly
2	Tells someone to phone emergency response number (or 911) and get an AED		
3	Opens airway using head tilt–chin lift		
4	Checks breathing <i>Minimum 5 seconds; maximum 10 seconds</i>		
5	Gives 2 breaths (1 second each)		
6	Bares victim’s chest and locates CPR hand (infant: finger) position		
7	Delivers first cycle of compressions at correct rate <i>Acceptable &lt;23 seconds for 30 compressions</i>		
8	Gives 2 breaths (1 second each)		
9	Delivers second cycle of compressions at correct hand position. <i>Acceptable &gt;23 of 30 compressions</i>		
10	Gives 2 breaths (1 second each)		

*The next step is done only with a manikin with a feedback device, such as a clicker or light. If no feedback device, STOP THE TEST.*

11	Delivers third cycle of compressions of adequate depth with full chest recoil. <i>Acceptable &gt;23 compressions</i>		
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**Stop the Test   Stop the Test**

<b>Test Summary</b> Record all test results here. Sign where indicated.  PASS = Above Steps All Checked (Done Correctly) NR = Needs Remediation  Indicate PASS or NR:	Test only one of these		This test is only if you teach Infant CPR	
	Adult/Child CPR		Infant CPR	
	Pass	NR	Pass	NR

Instructor signature affirms that skills tests were done according to AHA guidelines. Save this sheet with course record.

Instructor Signature: \_\_\_\_\_  
Print Instructor Name: \_\_\_\_\_ Date: \_\_\_\_\_