

# Infant CPR Anytime™

PERSONAL LEARNING PROGRAM

*Providing the Skills to Save the Precious Life of an Infant*

## What is it?

The **Infant CPR Anytime™ Personal Learning Program** is the newest addition to American Heart Association's family of *CPR Anytime* self-directed learning products. *Infant CPR Anytime* allows families, friends, and others who care for infants to learn the core skills of infant CPR and relief of choking in just 22 minutes.

Developed in coordination with the American Academy of Pediatrics (AAP) and using the learning technology of Laerdal Medical, the *Infant CPR Anytime* kit contains everything needed to learn infant CPR and relief of choking.



## Each *Infant CPR Anytime* kit contains:

- A personal, inflatable Mini Baby™ CPR learning manikin
- CPR Skills Practice DVD
- Fold-out Quick Reference Skills Reminders (2 sizes)
- Sanitizing wipes
- Mini Baby spare lung
- Practice phone

Using this kit, CPR skills can be learned anywhere, from the comfort of home to a large community group setting. And, at less than \$35, *Infant CPR Anytime* is a cost-effective way to prepare the entire family to save the life of an infant.

## Emergencies Among Infants

Did you know that unintentional choking and suffocation is the leading cause of all injury deaths for infants under the age of 1? That's reason enough for anyone caring for an infant to learn CPR and how to relieve choking. Also:

- There are approximately 1,900 to 14,200 pediatric out-of-hospital cardiac arrests annually due to all causes (including trauma, sudden infant death syndrome, respiratory causes, cardiovascular causes, and submersion).
- In 2002 more than 5,500 people died from unintentional choking or suffocation, 636 of which were under the age of 1.





## How does *Infant CPR Anytime* work?

*Infant CPR Anytime* is a revolutionary method of teaching the core skills of infant CPR. It uses the American Heart Association's unique, research-proven "practice-while-watching" technique for learning the skills of CPR. Users practice CPR on a personal manikin while watching these skills being taught and performed on a DVD. An entire household can learn the skills, each learning on their own time and at their own pace.

## How does it compare to a traditional CPR course?

Both *Infant CPR Anytime* and the infant portion of a traditional *Family & Friends CPR* classroom program teach the basic skills of CPR and relief of choking. However, using *Infant CPR Anytime*, skills can be taught in 22 minutes versus 1½ hours. Research shows that skills learned using video self-instruction are equivalent to skills learned in a traditional classroom program.

## Key Benefits of *Infant CPR Anytime*:

- *Infant CPR Anytime* teaches the core skills of infant CPR and relieving choking in just 22 minutes.
- Personal CPR learning kit allows families and friends to learn skills anywhere, anytime, and at a pace that is convenient to their own individual learning style.
- Families and friends who receive *Infant CPR Anytime* kits are able to share lifesaving skills with their loved ones by using the kit to train their entire family.
- Take-home kit makes it convenient for family members and friends to refresh skills often.
- At under \$35, *Infant CPR Anytime* is a cost-effective way for the entire family to learn infant CPR.
- *Infant CPR Anytime* includes the most current resuscitation science from the 2005 American Heart Association Guidelines for CPR and ECC.
- *Infant CPR Anytime* incorporates the American Heart Association's research-proven "practice-while-watching" technique for learning the skills of CPR.
- *Infant CPR Anytime* is available in light and dark skin tones to appeal to culturally diverse audiences.



## Order Today!

For information on ordering *Infant CPR Anytime*, please call:

**1-877-AHA-4CPR** or visit **[www.cpranytime.org](http://www.cpranytime.org)**