

CPR in Schools Implementation

Effective for all Idaho public school students, those who begin 9th Grade in Fall of 2015 or later will be instructed in Hands-Only CPR as part of a health/ wellness course. This includes instruction and demonstration, as well as information on AED (Automated External Defibrillator). Hands only CPR has been effective in increasing the number of people willing to perform CPR, and has increased survival rates for heart attack and cardiac arrest victims.

Helpful Resources:

Below are helpful resources for classroom instruction. We encourage you to reach out to local first responders (fire, ambulance, police), who may be able to assist in training and equipment sharing. Your school nurse and local activity associations (community centers, YMCA, Red Cross) may also be helpful partners for resources.

[American Heart Association](#)

[CPR & First Aid in Schools](#)

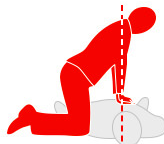
[For Demonstration and Videos](#)

National CPR Instructors: 1.888.277.5463 (connect to local instructors)

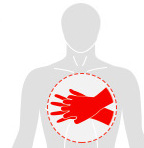
Easy Instruction Reminders:



CPR should be performed at 100 beats per minute.



When performing CPR, keep your arms straight and your **shoulders** directly above your hands.



Push hard and fast in the center of the chest with both hands, one on top of the other.

Additional Information:

- Hands only CPR does not require certification to teach or perform, and this is not required in the new rule.
- Good Samaritan laws are designed to protect those who tend to others who are injured, ill, or otherwise incapacitated. They are intended to reduce a bystander's hesitation to assist, and generally protect individuals who are acting in a volunteer capacity.
- Training equipment and materials are available for purchase (AHA CPR in Schools Training Kit, CPR Anytime Kit), grants and sponsorships are also available at the above links. We also encourage schools to reach out locally for sponsorship opportunities.
- If you have further questions or need additional assistance, please contact the AHA Idaho affiliate at 208.501.7794, or Erin Bennett, AHA ID Government Relations Director, erin.bennett@heart.org, or Rhonda Heggen, ID Department of Education, rheggen@sde.idaho.gov.