

(SAMPLE) FACILITATOR BRIEFING

1. Welcome and appreciation for their participation.

Housekeeping notes: Restroom locations, exits, agenda review and timelines.

2. “Our **purpose** today is to enable participants to feel comfortable in performing compression-only CPR and techniques to be used on a conscious person choking, as well as know what to do in an emergency. Each facilitator will be able to accommodate 6-10 participants in 15 minutes. If there are questions from the participants that you are not able to answer, please have the participants write them down and we will get back to them with the answers.”

“We will watch the video together and lead through the activity the same way you will lead your participants.”

3. Agenda schedule with participants:

“As they join your circle, please hand them the **evaluation card** with a pencil. These should be collected at the end of your session. Also at the end of the session, you will give them a wallet card with CPR instructions.”

4. “Facilitators will lead through the **skills** reminding participants of certain points. **Keep the skill points simple.** They are the same points shown on the video. **Do not introduce any skills not present on the video.** There is no pulse-taking and no giving breaths.”

5. “We will show the **video that the participants will see. Please follow with your notes.**”

6. “**Keep the scenario simple. Participants have already seen all the scenarios on the video.**”

(Lead the facilitators through the steps all together like they will be leading the participants)

“You find an adult on the ground.”

“Approach from the side of the person.”

“Tap the shoulder on your side and shout, ARE YOU OK?”

“If not responsive, tell someone to call 911”

(Do not check for breathing or a pulse.)

“Find your hand positions and begin 100 compressions in one minute,

hard and fast, 1 ½”-2” until EMS arrives.

(Facilitators do some compressions all together to clapping beat to keep everyone on the same beat.)

“Make sure your shoulders are perpendicular to the victim’s body.”

“Lock your elbows.”

“Tighten the buttocks and bend from the waist. Use your body weight to compress.”

“Allow the chest to completely recoil before the next compression.”

“Questions?”

Conscious choking victim

(Facilitators work with partner)

(The video uses the term “Heimlich”, the new term is “abdominal thrusts”. For these purposes, both terms are used to avoid confusion.)

Scenario: “The person cannot make any sound, can’t cough.”

“Ask the person, ‘are you choking?’

“Tell him, Tell him, ‘I can help, do you want my help?’

“If he agrees, wrap your fist around his waist just above the belly button and into his stomach. Press inward and upward rapidly in order to try to get the object out of the airway.”

“ If he does not agree, keep talking to him and try to get him to cough.”

“ If he goes unconscious, call 911 and begin CPR compressions.”

“Do NOT introduce other skills such as hitting on the back or raising the arms.”

“Questions?”

The signs of a heart attack

“The individual experiencing a heart attack will have discomfort in the chest, usually in the center or left side and may radiate into the arms, neck, or back. He could also have shortness of breath and nausea.”

“If this discomfort lasts for more than 10 minutes, they should call 911.”

“They should NOT drive themselves to the ER.”

“Questions?”

“Participants in each session will leave 10 minutes before the hour.”

“As participants are leaving, the next ones will enter.”

“We will announce when it’s time to finish the CPR skills, go to the choking skills, review heart attack symptoms, and when to wrap up all the skills to get ready to exit.”

“Please thank your participants and collect the evaluation cards and pencils before they leave your circle. You’ll also have wallet cards to hand out. These items are in your envelopes.”

“Questions?”

