

HANDS ON HEARTS - CPR TRAINING

WORLD RECORD

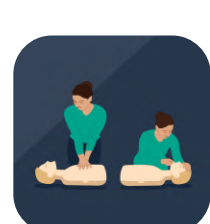
SEPTEMBER 4, 2021
13:00-13:30

17th World Congress
of Anaesthesiologists

Preparation for Hands on Hearts - CPR Training

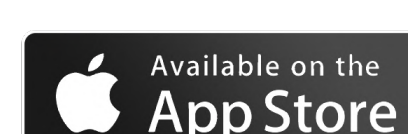
Here is a quick-guide to help you get ready for your CPR training.

1. Install the QCPR Classroom app prior to the training



Install the free QCPR Classroom app on your device
Phone/tablet

Install the QCPR Classroom app to join the virtual CPR training and learn lifesaving skills through live feedback.



2. Have a firm cushion ready to compress on

This is an interactive training where you will be practicing CPR with a firm cushion. Try to have one in reach.



3. Get your phone and laptop ready for the training

During training you will get feedback on your performance your phone, and you will connect with your instructor via a video call have a video call using your laptop.



During Hands on Hearts - CPR Training

4. Classroom code will be provided during the training by your instructor

Classroom code will be generated and provided to you by your instructor at the start of the training. After clicking I am a 'Learner', enter the Classroom code that your instructor shares with you during the class. You will be able to join the class after typing your name.



5. Placing mobile device

Make sure your face is in the camera of your phone to receive feedback. Tilt the phone if needed



5. Improve skills by objective feedback

Here is how you can interpret the CPR feedback to improve your skills during the training.



Good



Compress faster



Compress slower



Have a stable internet connection

In order to have the best practice experience, make sure to have a stable internet connection either via WiFi or mobile data.



Wearing a headset during CPR practice

It can be challenging to maintain the headset during compressions. If headsets are needed and can not stay in place, it's best to place them on the neck or elsewhere during skills sessions.

