

CPR & AED Relay

ACT High School CPR & AED Program – *Resuscitate*

Activity Snapshot

Students are divided into one or two teams and compete to complete the correct sequence of CPR steps and how to use an AED, while other students observe. Each student performs only one of the steps to ensure the activity moves quickly and all have an opportunity to participate.

Learning Expectations

- Students will be able to identify the appropriate steps of CPR and how to use an AED in the correct order.
- Students will recognize the most common mistakes made in CPR and refresh their own skills.

Materials

- 1-2 adult mannequins
- 1-2 AED training units

Classroom Layout

Divide the class into two teams and have each team line-up in 2 single file lines about 6 feet from each mannequin.

Context for Use

As a review activity after learning CPR and AED skills. The activity can be designed for CPR alone, CPR and how to use an AED, or unconscious choking. It works well with medium-large size classes.

Activity Development

Have the first person in line approach the mannequin and either verbalize or perform the appropriate step. If the student identifies and performs the correct step, the scenario continues. If the student chooses the wrong step or performs it incorrectly, the group has to start again.

After each step, the student will move to the back of the line to allow the next student to try. After each step, you should provide direction as to what they find (i.e. “the person is not breathing”) to direct the next step.

Teaching Tips

- If you are teaching alone, the teams will have to take turns. If you have a second teacher or teaching assistant, you can have two teams going at once.
- Alternatively for smaller groups, you can have one student at a time try to go through ALL steps in sequence. If the student makes an error, the next student has a chance to try.
- This activity can put a lot of pressure on some students making them nervous and uncomfortable. It works best with strong, supportive groups.