

High-Performance CPR

CPR guidelines define the most effective way to perform CPR. Yet there is a gap in quality between recommended guidelines and actual performance by most providers. High-performance CPR is a simple concept: improve the performance of CPR through high-quality skills, along with a practiced team approach, and the chance for survival improves. The program, available for delivery in classroom and blended learning options, also emphasizes the need for an ongoing effort to improve and maintain skills, with suggestions and tools for ongoing skill development.



Intended audience

- Industrial emergency response teams, staff at long-term care facilities, lifeguards, law enforcement and correctional officers, as well as crowd management personnel at large gatherings.

Minimum prerequisite

- Current certification in adult CPR and AED, or BLS

Class configurations

- Max student to instructor ratio: 12 to 1
- Recommended student to equipment ratio: 3 to 1

Instructor materials

- High-Performance CPR Program Package
 - Includes Instructor Guide, DVD and access to digital tools

Student materials

- High-Performance CPR Student Book

CPR feedback device

- Use of a CPR Feedback device is required

Successful completion (certification)

- Written evaluation: Optional, except when required by organizational, local, or state regulation.
- Performance evaluation: All students must perform required skills competently without assistance.

Recognized certification period

- Up to 2 years

Recommended time to complete

- 2 hours
- Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.

Course topics

- Quality makes a difference
- High-quality chest compressions
- High-quality rescue breaths
- Multiple-provider CPR
- Tips and tricks to improve CPR performance
- High-performance CPR
- Maintaining readiness