



American CPR Training

½ the Time, ½ the Price, and TWICE the Fun!™

November 2010 -

To All American CPR Training Instructors & Clients:

Many of you have asked how recent changes in CPR methods will affect the efficacy of CPR Training Manikins.

We are awaiting information on each of the many models we offer, but have the following information directly from Prestan Products...

According to a notice they released to Prestan Master Distributors:

Professional Adult Manikin and Prestan's Professional Infant Manikin complying with the 2010 AHA Guidelines for CPR and ECC
The 2010 American Heart Association Guidelines for CPR & ECC emphasize the need for high-quality CPR, however they do not provide guidelines for BLS training manikins.

- A compression rate of at least 100/min (a change from "approximately" 100/min)
- * With Prestan's exclusive rate monitor, Prestan's Professional Adult Manikin and Prestan's Professional Infant Manikin are the only manikins on the market today that can ensure both students and instructors that the compression rate of at least 100/min is met.

With Prestan's unique four light compression rate monitoring system, when the student reaches the point where the two green lights are on, the student is compressing on the chest at a rate of at least 100 compressions per minute as per the guideline.

- A compression depth of at least 2 inches (5 cm) in adults and a compression depth of at least one third of the anterior-posterior diameter of the chest in infants and children (approximately 1.5 inches (4 cm) in infants and 2 inches (5 cm) in children). Note that the range of 1 ½ to 2 inches is no longer used for adults and the absolute depth specified for children and infants is deeper than in previous version of the AHA Guidelines for CPR and ECC)

- * The Prestan Professional Adult Manikin has a compression depth of 2 inches which is conveyed to both the student and the instructor when the clicker within the manikin's chest makes a 'clicking' sound. The innovative design of the Prestan Adult Manikin clicker mechanism teaches the student not only the correct depth for compressions, but also provides a realistic spring tension that simulates the force necessary to perform compression on an adult person.

- * The guideline for infants states that the compression depth should be of at least one third of the anterior-posterior diameter of the chest in infants. The newly introduced, life-like Prestan Professional Infant Manikin provides the realistic compression depth for the size of the Prestan Professional Infant by providing a depth of one-third of the anterior-posterior diameter of the chest of the Infant Manikin.

- Allowing for complete chest recoil after each compression

- * Both the Prestan Professional Adult Manikin and the Prestan Professional Infant Manikin were originally designed to allow for complete chest recoil after each compression.

- * Both manikins still have all the additional features necessary for a complete training experience so that each student will be able to perform high-quality CPR after he/she has been taught using either or both the Prestan Professional Adult Manikin and/or the Prestan Professional Infant Manikin.

We hope this information will help you make informed decisions about your CPR Training Manikin use.

Regards,

American CPR Training



Professional Adult Manikin and Prestan's Professional Infant Manikin complying with the 2010 AHA Guidelines for CPR and ECC

The 2010 American Heart Association Guidelines for CPR & ECC emphasize the need for high-quality CPR, however they do not provide guidelines for BLS training manikins:

- A compression rate of at least 100/min (a change from "approximately" 100/min)
 - ◊ With Prestan's exclusive rate monitor, Prestan's Professional Adult Manikin and Prestan's Professional Infant Manikin are the only manikins on the market today that can ensure both students and instructors that the compression rate of at least 100/min is met. With Prestan's unique four light compression rate monitoring system, when the student reaches the point where the two green lights are on, the student is compressing on the chest at a rate of at least 100 compressions per minute as per the guideline.
- A compression depth of at least 2 inches (5 cm) in adults and a compression depth of at least one third of the anterior-posterior diameter of the chest in infants and children (approximately 1.5 inches (4 cm) in infants and 2 inches (5 cm) in children). Note that the range of 1 ½ to 2 inches is no longer used for adults and the absolute depth specified for children and infants is deeper than in previous version of the AHA Guidelines for CPR and ECC)
 - ◊ The Prestan Professional Adult Manikin has a compression depth of 2 inches which is conveyed to both the student and the instructor when the clicker within the manikin's chest makes a 'clicking' sound. The innovative design of the Prestan Adult Manikin clicker mechanism teaches the student not only the correct depth for compressions, but also provides a realistic spring tension that simulates the force necessary to perform compression on an adult person.
 - ◊ The guideline for infants states that the compression depth should be of at least one third of the anterior-posterior diameter of the chest in infants. The newly introduced, life-like Prestan Professional Infant Manikin provides the realistic compression depth for the size of the Prestan Professional Infant by providing a depth of one-third of the anterior-posterior diameter of the chest of the Infant Manikin.
- Allowing for complete chest recoil after each compression
 - ◊ Both the Prestan Professional Adult Manikin and the Prestan Professional Infant Manikin were originally designed to allow for complete chest recoil after each compression.
 - ◊ Both manikins still have all the additional features necessary for a complete training experience so that each student will be able to perform high-quality CPR after he/she has been taught using either or both the Prestan Professional Adult Manikin and/or the Prestan Professional Infant Manikin.

701 Beta Drive Suite 2 Mayfield Village, OH 44143
(P) 440-229-5100 (F) 440-229-5111

11.2010