

# Course: Citizen CPR Leader Training

**Course**

Citizen CPR Leader Training

**Purpose**

The purpose of this course is to prepare individuals who are not CPR instructors to lead the American Red Cross Citizen CPR course in their community.

**Prerequisites**

Individuals must be at least 16 years old to participate in this course.

**Learning Objectives**

- Describe when and how to perform hands-only CPR.
- Demonstrate how to perform hands-only CPR.
- List the elements of quality chest compressions.
- Explain how to give participants constructive feedback on their skill performance.
- Describe how course materials are used in the course.

**Length**

1 hour

**Instructor**

American Red Cross instructors whose current certification includes CPR are eligible to teach this course after self-orienting to the materials.

**Certification Requirements**

- Demonstrate correct performance of hands-only CPR.
- Participate in all course activities.

**Certificate Issued and Validity Period**

Participants should be given a “has completed” certificate indicating Citizen CPR Leader Training.

**Participant Materials**

- *Citizen CPR Course Leader's Guide*
- *Hands-Only CPR Ready Reference*
- *How to Perform Hands-Only CPR* video segment
- Citizen CPR Compression Trainer (optional take home)