



# STUDENT SETUP GUIDE

Getting Ready for a Virtual Skills Session With the First Aid CPR AED Training Kit

## 1. GATHER YOUR EQUIPMENT

- First Aid CPR AED Training Kit
- Laptop or tablet with webcam
- Reliable Internet access
- Highlighter or pen, if your training will include first aid

## 2. PREPARE YOUR MANIKIN

- Unpack your manikin.
- Inflate it as much as you can. (Pinch the valve stem between breaths to minimize air leakage.)
- Reinsert the stopper into the tube.
- Practice pushing on the manikin's chest and giving breaths. It's important to be familiar with your manikin before you start your virtual skills session.

## 3. PREPARE FOR THE CALL

- Place your laptop or tablet on the floor in front of you. You might have to elevate the laptop or tablet on a book or table to see the screen properly.
- Place your manikin directly in front of you.

## 4. ACCESS THE APP, AND JOIN THE CALL

When your class is scheduled to begin, join the video call that your instructor scheduled on your laptop or tablet and wait for the introduction.

## 5. CORRECTLY PLACE YOURSELF IN FRONT OF YOUR MOBILE DEVICE

Make sure that your head is in the center of the camera frame when you lean over the manikin.

## 6. LET YOUR INSTRUCTOR OBSERVE YOU AND YOUR MOBILE DEVICE'S SCREEN

During practice and skills testing, your instructor will observe your CPR position and your mobile device's screen to help you improve your skills.