



# How to Increase Engagement in Bystander CPR Training: Suggested Do's and Don'ts

*In a typical  
lecture class:*

Attentiveness<sup>1</sup>

**40%** of learners are actively paying attention

Retention<sup>1</sup>

**70%** of what they hear  
in the first 10 min.

**20%** of what they hear  
during last 10 min.

*Combat these statistics with educational best practices and the appropriate technology.*

## DO

### **Incorporate real-time feedback devices into your hands-on instruction.**

Not only is this a mandate by the American Heart Association and a recommendation by the American Red Cross, but it is also proven to improve retention.

### **Create a healthy level of competition.**

Applying gamification principles can go a long way in motivating participation.

### **Provide positive reinforcement.**

Learners who may be struggling will appreciate the additional coaching.

### **Use technology to your advantage.**

By using feedback technology to aid your skills assessments, you can maximize the number of students you train at one time.

### **Remind learners (and yourself) of your #1 course objective.**

The more engaged learners are during their training, the more likely they are to act in an emergency.

## DON'T

### **Assume your learners know what to expect.**

Learners new to CPR might not expect a lengthy, didactic portion in the course.

### **Let learners lose their passion.**

Laypeople who register for CPR training often have a powerful, unique, or personal reason behind their decision. Offer reassurance that they made the right choice.

### **Neglect the benefits of objective real-time feedback.**

Though many don't like to admit it, human error exists. Technology provides a consistent measure for all students.

### **Lose sight of the need to build student confidence.**

Learners can ace their hands-on exam and still not feel confident enough to perform on a real victim.

### **Forget to stress the importance of retaining the skills students have learned.**

Remind them that refreshing their skills is critical.

Little Anne QCPR can help you to generate enthusiasm among your learners.

Visit [www.Laerdal.com/LittleAnneQCPR](http://www.Laerdal.com/LittleAnneQCPR)