

CPR Resources

American Heart Association "Hands Only CPR"

This website teaches you about "Hands Only CPR." Included in this website are training resources, videos, printable resources and much more.

<https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr>

Carrington University's How to Perform CPR

The Crucial Steps You Should Know

This website shows you how CPR saves lives and it also talks about if you act quickly for CPR. It also gives you instructions on how to do CPR as well.

<https://carrington.edu/blog/how-to-perform-cpr/>

University of Washington Illustrated CPR Training

The University of Washington created an Illustrated CPR Training and it gives you steps on how to do CPR along with a video demonstration as well.

<http://depts.washington.edu/learncpr/quickcpr.html>

How to Perform CPR Video

This video explains how to do CPR to an adult along with lifesaving measures you can do to save someone's life with CPR. You will learn about this from Dr. Mary Williams in this video.

<https://www.youtube.com/watch?v=cosVBV96E2g>

CPR Simple Steps to save a life

The Chest Heart and Stroke Scotland did an animation explanation video on the Simple Steps to save a life. This Video is Closed Captioned.

<https://www.youtube.com/watch?v=ozzZVQQTvo4>

How to do CPR on an Adult or a Child

The Cincinnati Children's Hospital released two videos on how to do CPR on an adult or a Child

The first video is how to do CPR to an adult who is ages 12 years or older:

<https://www.youtube.com/watch?v=-NodDRTsV88>

The second video is how to do CPR to a child who is between the ages of 1 to 12 years old:

<https://www.youtube.com/watch?v=c7Q1s7ppSwc>

CPR Certification Class

The CPR Heart Center has a class that you can be certified in CPR. You will only have to pay to take the test to get certified. To take the class here is the link:

<https://cprheartcenter.com/classes/cpr-certification/cpr-class/>

Learn Chest Compressions CPR ASL

The Arizona School for the Deaf and Blind released a video on how to do Chest Compressions using American Sign Language.

<https://www.youtube.com/watch?v=eAWg149XCs4>

Basic CPR Skills using Sign Language

Here is a Youtube video about how to use the Basic CPR Skills using sign language.

<https://www.youtube.com/watch?v=NfriTpEI2VM>

Disability Training for Emergency Planners: Serving People with Disabilities.

The Nisonger Center at Ohio State University created a YouTube Video for Emergency Planners on how to serve people with disabilities.

<https://www.youtube.com/watch?v=ME6hcq8Kkdk>

The materials listed are not UDDC materials and while this information is helpful, additional training through a certified provider is recommended.