



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

*In a typical
lecture class:*

Attentiveness¹

40% of learners are actively paying attention

Retention¹

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.

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