



# Classroom RevivR

A guide for  
teachers



# What is Classroom RevivR?

CPR is one of the most important lessons young people can learn. But organising and delivering a training session can be time-consuming. That's why we created Classroom RevivR. A free, interactive, and easy-to-use tool for mobile devices that gives every young person the power to save a life.

## Why do I need this guide?

The following pages contain simple instructions to help you organise and lead a Classroom RevivR training session, as well as interesting facts and stats to share with your class. It should take around 45 minutes to complete and you don't need a medical or training background. Supervise your students as they follow the steps on their mobile devices. And soon enough, they'll be a class of CPR superheroes.

Ready to revive? Flip over to the next page.



# What is CPR and defibrillation?



**CPR** stands for cardiopulmonary resuscitation. It's an action given to someone who is in cardiac arrest. It can be lifesaving as it helps to pump blood around the body when the heart can't.

**A defibrillator** is a device that sends an electrical shock to the heart to restore a normal heart rhythm.

## Why is it important to learn CPR and defibrillation?



In the UK less than 10% of people survive an out-of-hospital cardiac arrest\*



80% of out-of-hospital arrests take place in the home\*\*



Ambulance response times can take too long in rural areas



Early CPR and defibrillation can more than double the chances of survival\*

Thank you for taking the time to organise a CPR and defibrillation lesson that could help more people survive an out-of-hospital cardiac arrest.

\*BHF UK estimate and general consensus statement

\*\*Warwick (2021) Annual Epidemiology and Outcomes (<https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/>)

# How to organise a lesson

This checklist will help you to prepare for your Classroom RevivR lesson, please follow the tips below.

## Checklist

- Provide, or request students bring a mobile device with Wi-Fi and camera access (such as a phone or tablet)
- Schedule session date/time (45 mins)
  - You need at least 45 minutes to run through the lesson.
  - The lesson should be delivered by a teacher, who is aware of students with additional needs or vulnerabilities. See the Lesson Plan for further information on creating a safe learning environment.
- Provide or request students to bring something to compress on, for example a cushion
  - See equipment guidance.
  - Bring some spare equipment just in case.
- Inform students about the lesson
- Provide or request students to bring something to prop up their device on, for example a book
- Ensure your classroom space is big enough
  - There needs to be enough floor space for students to kneel down. If you need a bigger space, you can use other school facilities.
  - There is a large screen and audio system for content display and sound.
  - The space has a stable Wi-Fi access, and school policy permits usage.



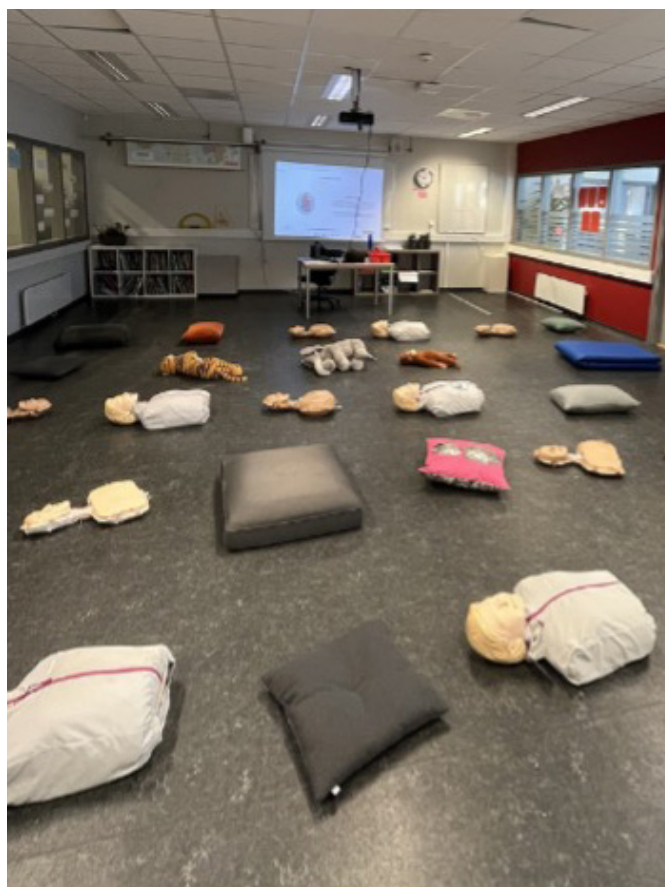
## TIPS

**Q: What's the ideal number for a group session?**

**A:** This training works best for groups of 3-50 people.

**Q: What's the ideal setting of the classroom?**

**A:** This lesson works better with a big comfortable floor space where students sit collectively. Ensure there is stable Wi-Fi access, a large screen, and an audio system. Space out compression equipment and provide something for students to prop their devices on.



# Equipment guidance

Below are some examples of equipment you can use to practise CPR with RevivR, however feel free to use other items available to you. For example, a slightly deflated football, a soft toy, or a rolled-up gym mat!

## Examples



**Thick cushion**



**Big ol' teddy bear**



**Manikin**



**Stuffed backpack**

# How to lead a lesson

## Preparation checklist

- Do a practice run-through of the training using the link provided to prepare yourself.
- If every student doesn't have access to a personal device, arrange shared devices or allow them to share.
- Connect your laptop to the large screen.
- Check your Wi-Fi connection (and that policies permit usage) and check that the training audio works.
- If you are providing practice equipment, make sure there is enough for all students.
- Make sure there is enough floor space for students to kneel down.
- Print certificates out and write students' names and dates in advance.

## Facilitating instructions

- Instruct students to scan the QR code or input the URL to join.
- When everyone is connected, click the 'Start' button to begin the training.
- Encourage a culture of collaboration as students will be automatically grouped into teams. If uneven numbers or intervention is required, recommend students to join an alternative group.
- Navigate training by clicking 'Continue' or let it proceed automatically if none provided. Use 'Skip' or 'Back' buttons as needed.
- Check students are ready to move on after each section.
- Encourage students to respond aloud when prompted during the training. Embellish, guide, and offer feedback where you see fit, for example ensuring the force of compressions is per the prompt.
- After training completion, congratulate everyone and distribute certificates. If you'd like to know how many people you've trained with Classroom Revivr, reach out to us at [revivr@bhf.org.uk](mailto:revivr@bhf.org.uk)



[bhf.org.uk](https://www.bhf.org.uk)



**British Heart  
Foundation**