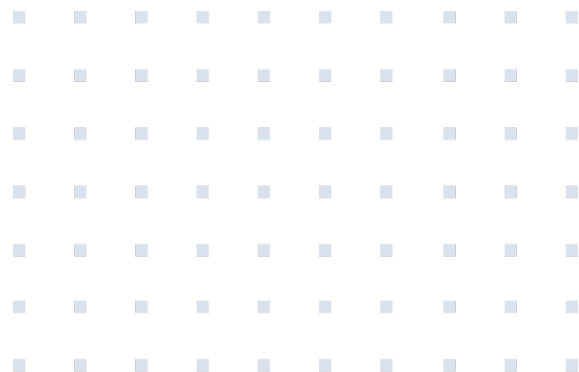




7 Key Components of Effective Group CPR Training Programs

Based on Research Collected on the
Needs of 1,000 Organizations

[PROTRAININGS.COM/GROUPS](https://protrainings.com/groups)



Introduction

In 2023, we analyzed collected insights from a diverse range of over 1,000 organizations, to gain a better understanding of what makes CPR programs highly effective and successful. Our analysis focused on organizations that regularly train 40 or more individuals each year. By examining their experiences and feedback, we identified the key components that consistently contributed to their satisfaction with their CPR programs.

What we found were valuable insights into what sets the most successful programs apart and helps them achieve remarkable outcomes. Through this research, we're excited to share the seven crucial components that have emerged as the foundation of effective group CPR training programs.

These success-generating components encompass various aspects of program design and implementation, addressing vital elements such as training methods, logistical efficiency, and ensuring compliance. Whether you're a small business, a large corporation, or an educational institution, the 7 key components of effective group CPR training programs are universally applicable, enabling you to establish and maintain a CPR program that maximizes safety and saves lives.

In the pages to come, we dive deep into each of these components by examining their significance to provide you with the knowledge and insights necessary to enhance your organization's CPR training program. Whether you're just starting an organizational CPR program or you're looking to optimize an existing program, this guide will help you implement a successful and impactful CPR training initiative.

Get ready to explore our findings from in-depth study, including the proven strategies and research-based best practices that have been consistently favored by organizations that are most satisfied with their CPR programs. Together, let's ensure that your program is equipped with the essential components that lead to effective CPR training, empowering your team members to confidently respond in emergency situations and

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Benefits of Group CPR Training

Group CPR training offers numerous benefits that contribute to a successful CPR program. According to our study of over 1,000 organizations, group CPR training consistently satisfied those who regularly trained 40 or more individuals per year when run with seven key characteristics.

10,000 employees experience an out-of-hospital cardiac arrest at work each year

A study by the Occupational Safety and Health Administration (OSHA) found that approximately 10,000 employees experience an out-of-hospital cardiac arrest at work each year, with an overall 90% fatality rate. This underlines the importance of having a CPR program in place at workplaces.

Only 46% of victims receive the immediate assistance they need

According to the American Heart Association (AHA), about 70% of out-of-hospital cardiac arrests occur in homes, and only about 46% of those victims receive the immediate assistance they need before professional help arrives. This highlights the critical need for individuals to have CPR training and be able to act quickly in an emergency situation.

1 In-house & Blended Program Methods

According to our findings, while not specifically the “best” way to train, there are two growing trends within group CPR training: in-house training and blended training programs. With in-house training, organizations can provide CPR training directly at their own location, either in a classroom setting or through online self-paced video instruction.

The organizations we studied reported that this method is ideal for groups that want the convenience and flexibility of conducting training on-site, with the option to have hands-on skills evaluation performed by their certified staff members.

The blended training program is another popular option that yielded high reports of satisfaction. The blended method combines online self-paced video instruction with in-person hands-on skills evaluation. It caters to organizations that require a mix of online and hands-on training, allowing them to provide a comprehensive CPR training experience.

Use Case 1: In-House Training

An educational institution, such as a school or university, can benefit greatly from an in-house training program. With key staff or faculty members doubling as Certified CPR Instructors, the institution can schedule CPR training sessions for their faculty, staff, and even students, right at their campus. This eliminates the need for individuals to travel off-site for training, saving time and reducing logistical challenges. Certified Instructors can conduct the training on-site, ensuring that participants receive high-quality instruction and have the opportunity for hands-on skills practice. By implementing in-house CPR training, the educational institution can create a safer environment for their community and empower their members with life-saving skills.

Use Case 2: Blended Training

A large corporation with multiple branches nationwide can leverage a blended training program to ensure consistent and standardized CPR training across all locations. The corporation can provide access to high-quality, compliant online video instruction to their employees, allowing them to complete the knowledge portion of the training at their own convenience and pace. This flexibility is particularly beneficial for employees who may have scheduling constraints or work in different time zones. After completing the online training, employees can then schedule a hands-on skills evaluation session with a certified instructor over a familiar video conference platform, like Zoom. By using the blended training program, the corporation can provide cost-effective and scalable CPR training to a geographically dispersed workforce, ensuring that all employees are equipped with life-saving skills regardless of their location.

2 Automated Compliance & Tracking of Expiration Dates

In speaking with 1,000 organizations, we learned that many still rely on methods such as spreadsheets or paper files to track CPR certification expirations manually. These groups reported this to be a time-consuming and error-prone process, as it requires constant monitoring and manual notifications to both staff members and administrators when someone's certification is due for renewal.

However, the best CPR training programs offer an automated solution to simplify this process. By leveraging a certification tracking feature, organizations can efficiently manage and monitor CPR certification expirations. Such a system automatically that can send timely and proactive expiration reminders to both the staff members and the relevant administrators ensures that no certification slips through the cracks.

Automating the expiration tracking process brings several advantages, according to our research subjects. Firstly, it eliminates the risk of overlooking or forgetting to renew certifications, thereby maintaining compliance with regulatory requirements. Secondly, the automated notifications help staff members stay informed about upcoming expiration dates, allowing them to take appropriate action to renew their certifications promptly.

Additionally, the administrators benefit from this system by reducing the administrative burden associated with manually tracking and managing CPR certification renewals, saving time and resources that can be better utilized elsewhere within the organization. With automated expiration tracking, CPR training programs become more efficient, reliable, and stress-free for both staff members and administrators.



Actionable Tip

Select a CPR training program that offers an integrated certification tracking system or connect it to an HR software that does the same thing.

3 Notifications & Reminders for Automated Communism

One common challenge organizations face is getting staff members to take care of important tasks such as attending CPR training or submitting certification cards. It can be time-consuming and frustrating for administrators to constantly follow up and remind staff members to complete these duties. However, the best CPR training systems alleviate this burden by implementing automated notification features.

According to the subjects in our study, these systems allow administrators to easily identify staff members who have not completed their training or submitted required documentation, saving time and effort in tracking down individuals. Moreover, these systems often have the capability to proactively send reminders to staff members, encouraging them to complete their tasks on time, without the need for constant manual follow-up.

By using a CPR training system with automated notifications, organizations can streamline their administrative processes and ensure that staff members fulfill their responsibilities.

These systems enable administrators to quickly identify staff members who need to complete their training or submit required documentation, providing a clear overview of compliance. With proactive notifications, staff members receive timely reminders to complete their tasks, increasing accountability and reducing the need for continuous follow-up.

The best CPR training systems go beyond just providing the training itself. These systems offer automated notification features that alleviate the administrative burden of following up with staff members. Choose a CPR training system with proactive notifications so your organization can ensure staff members stay on track with their training and documentation tasks, improving compliance and reducing the need for manual follow-up efforts.

4 Future-Proofing Instructor Training Processes

Many internal CPR programs face the challenge of the program dying out when internal instructors leave and finding replacements becomes either expensive or inaccessible. This can lead to interruptions in the program and a loss of valuable life-saving skills within the organization or compliance violations – or both!

However, our study of 1,000 organizations shows that the best CPR programs are designed to minimize this risk by offering an easy and accessible pathway for training new instructors who work within the organization and are therefore more available and reliable. Doing so future-proofs the program and ensures its continuity even when instructors depart.

To address this issue, the best CPR programs provide convenient access to instructor training, making it easier and more cost-effective for organizations to train new instructors. These programs offer comprehensive resources and support to individuals within your organization who are interested in becoming instructors, enabling them to acquire the necessary knowledge and skills to teach CPR effectively.

Additionally, the best programs incorporate redundancy measures to ensure uninterrupted training delivery. By having multiple instructors trained and available, organizations can seamlessly transition when an instructor leaves, preventing any disruption in CPR training services.

Overall, implementing a CPR program that future-proofs the instructor training process is essential for maintaining a sustainable and continuous program. By offering accessible instructor training and incorporating redundancy measures, organizations can overcome the challenges associated with instructor turnover and ensure that their CPR program remains robust and capable of providing life-saving training whenever it is needed.

5 Having Multiple Styles of Training

Despite the fact that most organizations opt for standardizing processes as much as possible, the truth of the matter is that when you're developing a training program in which you want your trainees to truly retain the information, you need to select a platform that caters to diverse learning styles. Additionally, if your organization includes team members in dispersed locations, you need the option for flexible training modalities.

Whether the motivation is educational efficacy or logistics, our research shows that the best CPR programs allow internal instructors and administrators to assign courses to staff that can be either fully in-class, blended, or fully online. This makes the program adaptive to your staff's diverse needs and logistical obstacles.



Online

Provides the convenience and flexibility of completing the coursework remotely, at your own pace, and from any location with internet access. Through interactive modules, videos, and quizzes, participants can learn the necessary CPR techniques and guidelines. Online training is ideal for those who prefer a self-directed learning approach or have time constraints that make attending in-person classes challenging, and who do not require a hands-on skills evaluation for certification.



Classroom

Involves attending an in-person session led by a certified instructor. Participants receive live demonstrations, hands-on practice, and real-time guidance from the instructor. Classroom training provides direct interaction with the instructor and fellow participants, promoting an engaging and interactive learning experience. It is well-suited for those who prefer a structured and in-person approach to learning CPR skills.



Blended

Combines online coursework with an in-person or video-based skills session. Participants typically complete the knowledge portion online at their own pace, and then attend a hands-on skills evaluation with a certified instructor to practice and demonstrate their CPR skills. Blended training offers the best of both worlds, offering flexibility through online learning and hands-on skills validation in a live interactive environment.

The 7 Key Components of Effective Group CPR Training Programs

6 LMS Integration

LMS integration refers to the seamless integration of CPR training platforms with Learning Management Systems (LMS).

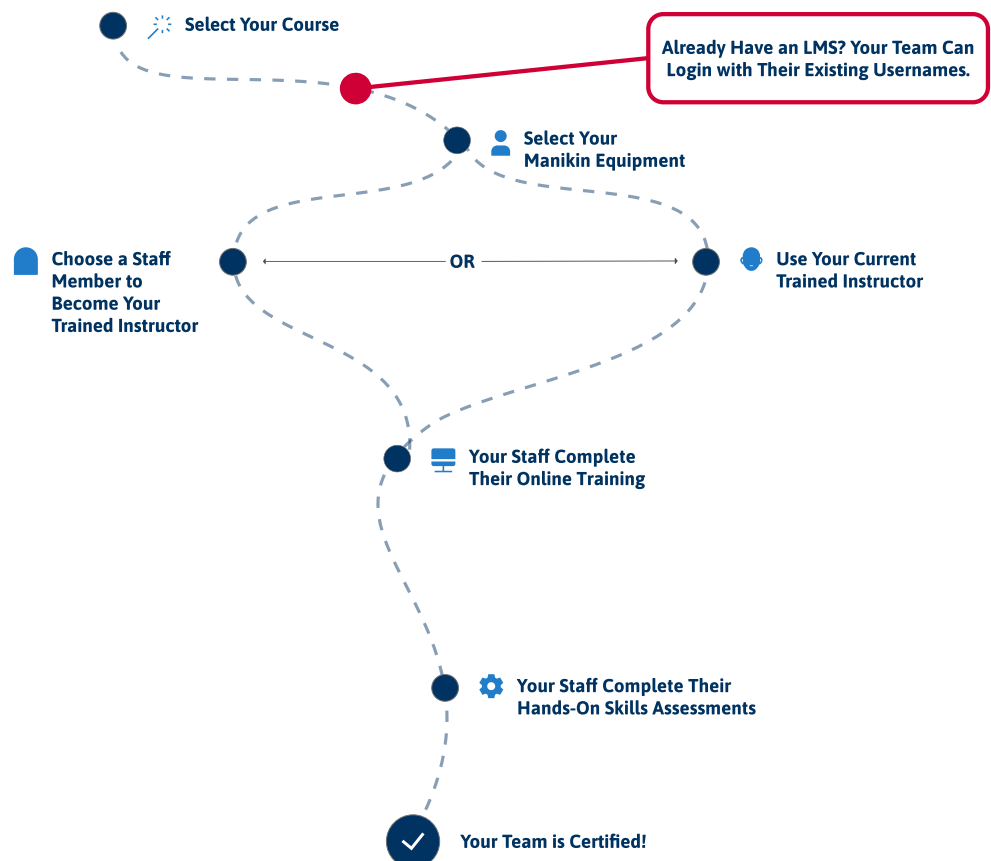
According to our research, the vast majority of organizations that need to train 40 or more individuals per year also have an established LMS that houses their other employee training materials.

By integrating CPR training into an organization's existing LMS, administrators can effectively manage and track the training progress of their staff in one centralized system. This integration simplifies the process of assigning CPR courses, tracking completion, and generating reports.

With LMS integration, organizations can eliminate the need for separate CPR training platforms and manual data entry. Training records can be automatically synchronized between the CPR training system and the LMS, ensuring accurate and

up-to-date information. This integration also enables administrators to access comprehensive training reports, monitor compliance, and identify areas where additional training may be needed.

Overall, LMS integration streamlines the CPR training process by providing a centralized and efficient solution for assigning, tracking, and managing staff training. It simplifies administrative tasks, enhances data accuracy, and allows organizations to leverage existing systems to deliver and monitor CPR training effectively.



The 7 Key Components of Effective Group CPR Training Programs

7 Effective, Memorable Training

One crucial aspect of CPR training is ensuring its effectiveness in equipping individuals with the necessary skills to save lives. The primary focus of CPR training should be on increasing student confidence and competence in performing CPR, rather than being preoccupied with the logistics of the training process. Our research shows that despite the large quantities of certifications organizations are required to complete each year, there is a strong focus on employee morale, enjoyment of the training process, and forming positive mental associations with the lessons learned.

When it comes to effective CPR training, it's essential to have a curriculum and teaching methods that engage participants and enable them to grasp the concepts and techniques thoroughly. A well-designed training program should include interactive learning activities, realistic simulations, and ample hands-on practice. By providing opportunities for participants to actively apply their knowledge and practice actual CPR scenarios, training can instill confidence and enhance their ability to respond effectively in real-life situations.

In addition to the content and teaching methods, effective CPR training also involves ensuring that the training is delivered by experienced and qualified instructors. Instructors with practical experience and expertise can effectively demonstrate CPR techniques, address questions, and provide personalized feedback to participants, enhancing their understanding and skill development.

Ultimately, effective CPR training goes beyond merely presenting information. It seeks to empower participants with the confidence and competence to perform CPR when it matters. By prioritizing the effectiveness of training, organizations can ensure that their staff members are equipped with the life-saving skills they need and are prepared to respond confidently in emergency situations.

Conclusion

From maximizing the longevity of your CPR training program to automating repetitive and tedious processes to ensuring employee enjoyment and skills retention, there are a great number of factors to consider when choosing your CPR training platform.

With ProTrainings' flexible and scalable approach, organizations can choose from online, blended, or classroom training methods, meeting compliance requirements while saving time and simplifying the training process.

Additionally, ProTrainings' platform streamlines administration through features like certification tracking, automated expiration reminders, and integration with Learning Management Systems, reducing costs and allowing for efficient management of training records. By opting for group CPR training, organizations can focus on equipping their staff with life-saving skills while benefiting from simplified administration and cost savings.

Have Questions?

Our Group Solutions Team helps you find the best solution for your training needs (even if we aren't the answer!).

[Book an Appointment →](#)

or give us a call 866-840-4331