

How to Clean Your CPR Manikin

Extend the life of your CPR training equipment and protect students with simple, effective cleaning routines.

Why Clean Your CPR Manikin?

Cleaning your CPR manikin isn't just about appearance. It's an essential part of maintaining a safe and effective training environment. Manikins are used by multiple people, often in quick succession, which increases the risk of spreading germs and bacteria if proper hygiene protocols aren't followed.

A study published in the [American Journal of Infection Control](#) found that CPR manikins harbored the most diverse types of bacteria among various hospital surfaces tested, including pathogens like MRSA and E. coli.

Regular cleaning keeps your feedback systems functioning correctly, preserves the manikin's structure over time, and ensures sanitary conditions for users. Well-maintained manikins last longer and give students a more consistent and reliable hands-on experience.

When Should You Clean Your Manikin?

The timing and frequency of cleaning depend on how and where your manikin is used. Generally, cleaning should be done frequently and consistently.

Training Scenario	Cleaning Recommendation
After each individual use	Wipe down high-contact surfaces with an alcohol-based wipe.
Between students in a group setting	Disinfect all shared areas and replace single-use parts.
After a full training session	Deep clean and inspect for wear or damage.
Before long-term storage	All parts should be clean, dry, and properly packed.

Failing to clean a manikin regularly can lead to residue buildup, compromised hygiene, and degraded feedback performance. You want to prevent this as much as possible in models with compression clickers or airways.

Quick Cleaning Between Uses

When your manikin is being used by multiple students in a single session, it's important to clean it between uses.

Here's how:

1. **Wear gloves to protect yourself and prevent cross-contamination.**
2. **Use alcohol-based disinfecting wipes (containing a minimum of 70% isopropyl alcohol) to clean the minikin's face, chest, and arms.**
3. **Swap out disposable parts, such as face shields or lung bags, between users whenever possible.**
4. **Let the manikin air dry completely before the next student begins.**



These quick cleanings between users are essential in high-traffic sessions. Disposable face shields or barrier devices are highly recommended to reduce the risk of exposure.

Deep Cleaning After Use or Before Storage

After a training session or before storing your manikin for an extended period, a deeper clean is recommended to preserve functionality and sanitation.



- **Remove and discard any disposable parts** used during the session (lungs, face shields, etc.).
- **Follow the manufacturer's guidelines** to disassemble parts safely.
- **Clean non-electronic components** with mild soap and warm water. Rinse thoroughly.
- **Disinfect external surfaces** using an alcohol wipe or a diluted bleach solution (10 parts water to 1 part bleach).
- **Avoid getting internal components or electronic feedback systems wet.**
- **Let all components dry completely** before reassembly or storage.

Skipping deep cleaning can lead to mold, internal wear, or reduced sensor effectiveness in all manikins, but especially in multi-use manikins with built-in feedback mechanisms.

Proper Storage Matters

After cleaning, storage conditions can significantly impact the longevity of your CPR manikin. Avoid tossing your manikin into a storage closet without prep. You wouldn't want to undo all your cleaning efforts!

Store your manikin in a cool, dry area away from sunlight and extreme temperatures.

Never store a damp manikin, as moisture can lead to mold, odors, or material breakdown.

If possible, store your manikin in the original case or a protective bag to avoid dust and physical damage.

Routinely inspect stored manikins for signs of deterioration, especially if they've been unused for a while.

Taking a few minutes to store your manikin properly helps protect your investment and sets you up for success in the next training session.

Always Follow Manufacturer Instructions



Not all manikins are built the same. Some models include electronic components, while others have simple compression clickers or airway systems. Always consult the cleaning instructions that came with your manikin to avoid using the wrong cleaning products or techniques.

Using harsh chemicals, submerging sensitive parts, or skipping essential steps could shorten the life of your manikin or void the warranty altogether. If you're unsure, reach out to the manufacturer or supplier before deep cleaning.

Keep a Simple Cleaning Log

For instructors or training coordinators managing multiple manikins or locations, keeping a basic log for each manikin helps ensure consistent hygiene practices.

Here's how:

- ✓ **Date and time of last cleaning**
- ✓ **Name or initials of the person who cleaned it**
- ✓ **Notes on parts replaced (like lung bags or shields)**
- ✓ **Any observations about wear or damage**

Having a cleaning log helps with accountability and supports compliance with hygiene best practices.



Stock Up on Supplies

Running low on face shields or replacement parts? ProTrainings offers a full range of CPR training supplies, including replacement lungs, barrier masks, face shields, and SUMO kits for blended learning environments.

Stocking up on the right supplies helps streamline your cleaning process and makes it easier to maintain a hygienic training setup for every student.

ProTrainings has a selection of CPR supplies and training tools available for purchase on our website.

Consistent care and maintenance of your CPR manikins helps create a more professional and reliable training environment. It shows your commitment to safety, reinforces trust with students, and ensures your equipment stays in top condition for years of use.

A few extra minutes of cleaning and inspection can go a long way in protecting both your investment and the people you train!

For more information on getting your staff trained in CPR and other lifesaving skills, visit www.protrainings.com.