



**Happy Holidays to my Wonderful
LifeSavers Training Center Aligned Instructors,**

It's beginning to look a lot like Christmas ... and I am hopeful this time of year reminds you all to slow down and think about the "reason for the season".

CURRENT INSTRUCTOR CARD:

I am requesting that you email me a copy of your current Instructor Card at your earliest convenience.

As a friendly reminder, it is the sole responsibility of each Instructor to keep track of their own instructor expiration date. (Please email me your card even if it has expired.)

If your card has expired and you are no longer interested in teaching, please email me to let me know.

AHA eCARD GLITCH:

AHA has experienced an intermittent issue with some eCards being claimed with NO name on the eCard.

This has only occurred while claiming an eCard on a cellular phone.

Remind your participants that if this happens to simply reclaim their card on a tablet or computer.



COVID PROTOCOL IS YOUR RESPONSIBILITY:

When Covid first hit, LifeSavers made some suggestions on setting up your classroom and following some safety precautions to reduce the chance of the spread of the virus.

To be clear, AHA has not and does not set forth a protocol that we must follow.

It is the responsibility of you, as the instructor to set forth any precautions you want followed.

BLS DVD OR STREAMING – IN-FACILITY VERSES

Are you showing the correct module to your participants???

Unfortunately, for most of you, the answer is “NO”.

In-facility refers to healthcare providers who work in a hospital, clinic, or other healthcare facility including a dental office, skilled nursing, and assisted-living facilities.

Prehospital Providers is for prehospital, emergency care professionals including emergency medical technicians (EMTs), police officers, fire fighters, flight nurses, paramedics and advanced EMTs (AEMTs).

Therefore, 99% of you should be using the In-facility Module.

You should only be using the Prehospital Module for those being summoned to an emergency like fire fighters and paramedics.



CPR MASKS – 2 PIECES – 1 way valve & mask that seals the face (mouth and nose) :

Are you using both pieces on your CPR Masks? All masks are a minimum of 2 pieces.

Your participants **MUST** be trained that there must be a one-way valve portion to the CPR Mask to be effective in protecting both parties.

During my instructor monitorings, I often observe students using the mask (face portion) only. It is imperative that all participants are taught correctly.

Also, it is very important that you review and run scenarios as if there is no access to a CPR mask so they practice doing straight compressions. Remind them that there is never a mask next to the persons head in a real-life incident.

AED – review why “clear” during rhythm analysis and before delivering shock:

To be an effective Instructor you must not only teach what to do ... but why you do it.

Make sure your participants know why it is crucial to yell out CLEAR prior to the analysis and the shock.

If CPR continues during analysis, not only can it cause a delay with the treatment, but it can cause the AED to misread the rhythm.

Also, if anyone is touching the victim during the shock, the victim will not receive the allotted amount of joules of energy needed to possibly convert to a normal rhythm.



CONTINUOUS PRACTICE TIME:

I once heard from one of my wonderful, aligned Instructors say, "Doing CPR is a marathon, not a sprint". Thanks Sarah P. :)

The best way to reinforce this is have all participants perform 2 full minutes of continuous CPR.

Teaching each portion of CPR is important but putting it all together in a 2-minute scenario is pivotal and real to life. It really puts the "why" into why it is important to switch compressors every 2 minutes.

FEEDBACK DEVICES ON MANIKINS:

For several years now, all adult Manikins are mandated to have feedback devices.

If you are using manikins that are not operable (showing lights) or connected to wifi (illustrating feedback on a device) you are out of compliance.

It is your responsibility as the Instructor to assure all your equipment is in working order. Plan for issues and be prepared; have extra batteries and/or have a back-up wifi / hotspot available.

If you are using the Prestan manikins with the lights on the shoulder, the manikin should be placed with the head of the manikin to the participants left, so the lights can easily be seen by both the participant and Instructor/s.

2023 MASTER FORMS:

These forms will be posted on my website before the end of the year.
A friendly reminder to discard or cut up and use the 2022 forms as scratch paper.
Please assure you are using **ONLY** the 2023 forms, starting 1.1.2023



ON A
PERSONAL
NOTE:

LifeSavers Training Center will be closed 12.20.2022 – 01.02.2023.

We will not be returning calls, emails or issuing eCards during the above dates. If you need any assistance, please notify us prior to 12.19.2022.

We will be spending Christmas again this year with our son and his significant other in upstate New York, as Logan continues to be based at Fort Drum. (Picture taken 12.24.2021)

Thank You for being a part of LifeSavers Training Center and for continuing to make our community a safer place to be.

I Sincerely appreciate each of YOU,

Sandy