

Learner & equipment guidance

This guide will help you to prepare for your Group RevivR session. Group RevivR aims to give everyone the potential to help save lives by offering CPR and defibrillator training in group settings, in person or remotely.

Thank you for helping us build a nation of lifesavers.

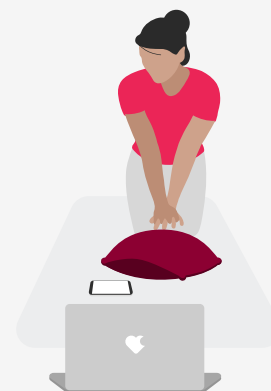
For in-person training, you will need:

- ☐ Your smartphone
- ☐ Something to prop up your phone, e.g. a book
- ☐ Check if your facilitator is providing practice equipment e.g. a cushion



For remote training, you will need:

- ☐ Your smartphone
- ☐ Something to prop up your phone, e.g. a book
- ☐ Your laptop
- ☐ Practice equipment to compress on, e.g. a cushion. See guidance on page 2



Information & support

- ▶ If you have been affected by the topics in this training, please visit our [Information & Support](#) hub for [emotional support](#) or [support if you've given CPR](#)
- ▶ You can also visit BHF's website for [more information about CPR](#) and the work we do

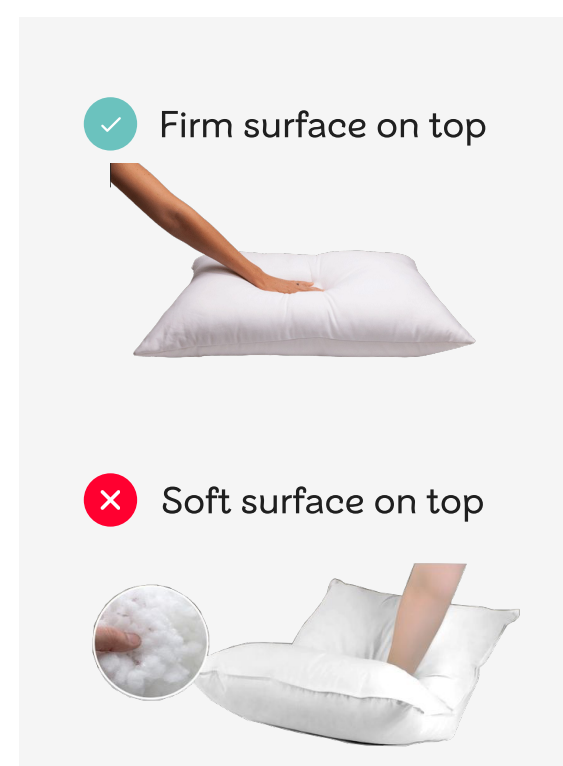
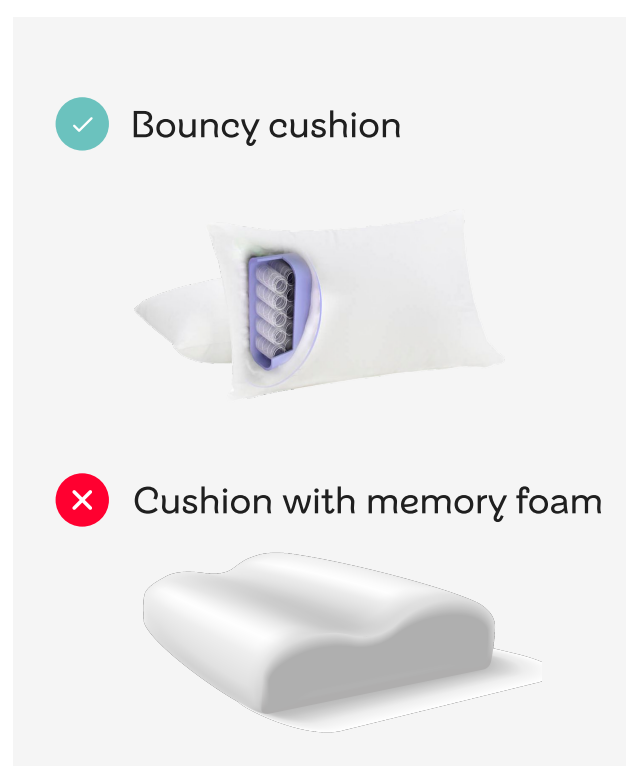
Remote tips

- ☐ Ensure you have enough floor space to place your laptop, phone, and a cushion to practise CPR
- ☐ Use wireless headphones or play the audio directly out of your laptop, to ensure it's easy to move to the floor when practising CPR

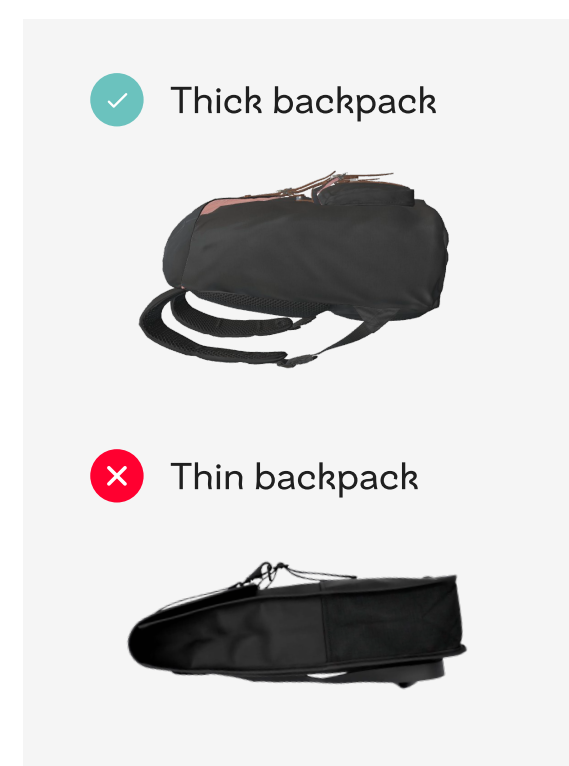
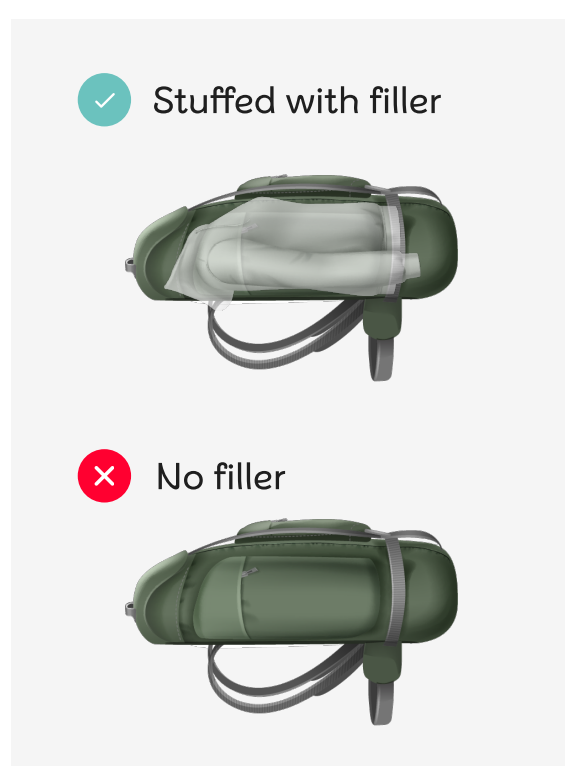
Learner & equipment guidance

Below are examples of the preferred items you can use to practise CPR on with RevivR, however feel free to use other items if these are not available. For example, a slightly deflated football, a soft toy, or a rolled up yoga mat.

Example 1: Cushion



Example 2: Backpack



Example 3: Manikin

