

Health Precautions and Guidelines During Training

The American Red Cross has trained millions of people in first aid and cardiopulmonary resuscitation (CPR) using manikins as training aids.

The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. **If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low.**

To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- Have an acute condition, such as a cold, a sore throat or cuts or sores on your hands or around your mouth.
- Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.*
- Know you have a chronic infection indicated by long-term seropositivity (long-term positive blood tests) for the hepatitis B surface antigen (HBsAg)* or a positive blood test for anti-human immunodeficiency virus (HIV) (that is, a positive test for antibodies to HIV, the virus that causes many severe infections including acquired immunodeficiency syndrome [AIDS]).
- Have had a positive blood test for hepatitis C. (To obtain information about testing for individual health status, visit the Centers for Disease Control and Prevention Web site at www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm.)
- Have a condition that makes you unusually likely to get an infection.

If you decide that you should have your own manikin, ask your instructor if he or she can provide one for you to use. You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. Because the number of manikins available for class use is limited, the more advance notice you give, the more likely it is that you can be provided a separate manikin.

Guidelines

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- Wash your hands thoroughly before participating in class activities.
- Do not eat, drink, use tobacco products or chew gum during class.
- Clean the manikin properly before use.
 - For some manikins, this means vigorously wiping the manikin's face and the inside of its mouth with a clean gauze pad soaked with either a fresh solution of liquid chlorine bleach and water ($\frac{1}{4}$ cup sodium hypochlorite per gallon of tap water) or rubbing alcohol. The surfaces should remain wet for at least 1 minute before they are wiped dry with a second piece of clean, absorbent material.
 - For other manikins, it means changing the manikin's face. Your instructor will provide you with instructions for cleaning the type of manikin used in your class.
- Follow the guidelines from your instructor when practicing skills, such as clearing a blocked airway with your finger.

Physical Stress and Injury

Successful course completion requires full participation in classroom and skill sessions, as well as successful performance in knowledge and skill evaluations. You will be participating in strenuous activities, such as checking a conscious child on the floor. If you have a medical condition or disability that will prevent you from taking part in the skill sessions, please let your instructor know so that accommodations can be made. If you are unable to participate fully in the course, you may "audit" the course and participate as much as you can or desire. To audit a course, you must let the instructor know before the training begins. You **will not** be eligible to receive a course completion certificate.

** A person with a hepatitis B infection will test positive for HBsAg. Most people infected with hepatitis B will get better within a period of time. However, in some people, hepatitis B infections will become chronic and will linger for much longer. These people will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician. After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). People who have been vaccinated for hepatitis B will also test positive for the hepatitis B antibody. A positive test for anti-HBs should not be confused with a positive test for HBsAg.*