



American  
Heart  
Association.

# Be the Beat<sup>®</sup>

Provides free resources to help teach CPR and AED programs in schools.

*Did you know that when a person has a cardiac arrest, survival depends on getting immediate CPR from someone nearby?*

**CPR can double, or even triple, a victim's chance of survival!**

## Teaching students lifesaving skills

Chest compressions push oxygen through the body to keep vital organs alive. **Be the Beat<sup>®</sup>** is a website for teachers and school administrators that provides free tools and resources to help start and sustain CPR and AED programs in schools. Through this website, teachers can download materials to teach kids the two simple steps to Hands-Only CPR, heart health lesson plans, and classroom assets like posters and stickers.

## We are training a team of heart heroes

The American Heart Association is pleased to provide teachers and schools with free resources to help teach students to “Be the Beat” and pump blood to a victim’s vital organs if they see an adult or teen suddenly collapse near them. Thank you for joining the movement to train students nationwide!

For more information about the American Heart Association’s CPR in Schools Training Kit™, visit [heart.org/CPRinSchools](https://heart.org/CPRinSchools).