

Do It Yourself (DIY) CPR Equipment

CardiacCrash is an interactive experience where participants will practice hands-only CPR at various points throughout the session. CPR equipment is required and there are so many options! You may already have mannequins or CPR cubes or may want to try DIY equipment instead.

Don't have mannequins or CPR cubes? No problem! There are many fun options for you and your students to create your own CPR equipment with items you have at home:

➡ What makes effective DIY equipment?

Your equipment should:

- Allow for compressions of about 5 cm deep
- Immediately recoil to the original shape after compression
- Have some resistance when compressed (to mimic the resistance of the body in a real-life scenario)
- Remain stable
- Other optional feature:
 - Have a similar shape to a mannequin or body so participant can practice finding the correct location on the body for compressions

Lives may be saved because of the programs you deliver.



Challenge your students to be creative and come up with their own DIY mannequins.

Share their creations with Heart & Stroke!
#cardiaccrash



A simple way to make your own DIY CPR equipment:



ball



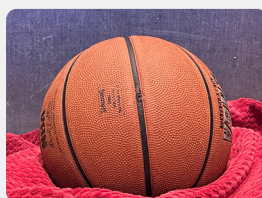
or



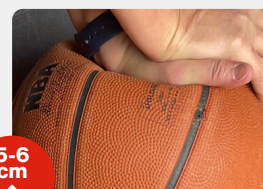
towel or t-shirts



You can use a basketball, soccer ball, volleyball, football, etc. If the ball is full of air, partially deflate it. The ball should still have enough air to keep its shape.



Place the ball in a nest of towels or t-shirts. This will help the ball to stay in one place and not roll around.



You should be able to compress the ball about 5-6 cm, or about the height of a debit card. It should recoil back to its original shape when you stop putting pressure on it.

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Have fun with other DIY mannequin ideas:

Household objects	“How to” and tips
Partially deflated ball	<p>A basketball, football, or soccer ball that is slightly deflated can give you the resistance you are looking for and still recoil to its original shape. Don't deflate it too much or the ball won't recoil!</p> <p>➡ Tip: The ball will be less likely to roll if the person doing compressions is directly over the ball and in the correct position for CPR.</p> <p>CPR DIY Deflated Ball</p>
Plastic bottles, t-shirts/newspaper, and elastic bands	<p>➡ Note: This solution is simple and gives audible feedback when doing compressions but some may find this too noisy with a large group.</p> <p>How To Make Your Own DIY CPR Manikin At Home (nhcps.com)</p> <p>DIY CPR Mannequin - Create Your Own CPR Mannequin (2019) - YouTube</p> <p>Build Your Own DIY CPR Mannequin - YouTube</p> <p>PowerPoint Presentation (lsv.com.au)</p>
Toilet paper rolls and t-shirts/towels	<p>DIY CPR manikin - YouTube (From 1:12)</p> <p>DIYCPRManikin1.pdf (projectadam.com)</p>
Packing box and t-shirts/towels	<p>CPR Training DIY - YouTube (From 0:55)</p>
Sponges and elastic bands	<p>DIY CPR manikin - YouTube (From 3:44)</p>
Stuffed animal	<p>A pet/child's favorite toy might be what you are looking for. Be sure that it is a well stuffed animal that will recoil.</p>
Travel pillow	<p>A thick travel pillow (or two) can provide you with what you need.</p>

Encourage your students to use a DIY mannequin to teach their family and friends the basics of CPR. There are some great videos online to help them out, like this one:

[CPR in 90 Seconds](#)

