

## Equipment Decontamination Guidelines for CPR Training

April 23, 2012

The purpose of this document is to update the American Heart Association's equipment decontamination guidelines for CPR training. These guidelines may reduce the risk of potential disease transmission from inadequate equipment decontamination. A wide variety of manikins are commercially available, and it is impossible to detail the cleaning required for each model and type. The American Heart Association strongly recommends that instructors follow manufacturers' recommendations for manikin use and maintenance. In the absence of manufacturers' recommendations, the guidelines below may be used during and after courses.

This information replaces all previously released guidance and complements information in the 2011 Instructor Manuals.

- Instructors should practice good hygiene with proper hand-washing techniques.
- Students should be told in advance that CPR training sessions involve close physical contact with other students.
- When individual protective face shields are used, all decontamination recommendations listed for cleaning manikins during and after a course should still be followed. In addition, to reduce the risks to each user for exposure to contaminants, the instructor must ensure that all students consistently place the same side of the face shield on the manikin during use.
- If no face shields are used during the course, manikins should be cleaned after use by each student with a manikin wipe that has an antiseptic with 70% ethyl alcohol.
  - Tear the foil packet open, and take out and unfold the manikin wipe.
  - Rub the manikin's mouth and nose vigorously with the wipe.
  - Wrap the wipe snugly over the mouth and nose.
  - Keep the wipe in place for 30 seconds.
  - Dry the manikin's face with a clean paper towel or something similar.
  - Continue with the ventilation practice.
- Manikins should be taken apart as directed by the manufacturer. Anyone taking apart and decontaminating manikins should wear protective gloves and wash his or her hands when finished.
- Any part of the manikin that came in contact with potentially infectious body fluids during training should be cleaned as soon as possible at the end of each class to prevent contaminants from drying on manikin surfaces.
- If manikins are stored for more than 24 hours, clean the manikins as follows:
  - All surfaces, reusable protective face shields, and face masks should be washed thoroughly with warm, soapy water and brushes.
  - All surfaces should be moistened with a sodium hypochlorite solution having at least 500 ppm free available chlorine (¼ cup of liquid household bleach per gallon of tap water) for 10 minutes. This solution must be made fresh for each class and discarded after each use. Using a concentration higher than ¼ cup has not been proven to be more effective and may discolor the manikins.
  - All surfaces should be rinsed with fresh water and allowed to air dry before storing.

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- Some manufacturers have recommendations for cleaning manikin parts in a dishwasher. Check with the manufacturer of the manikins being used to determine if this is an acceptable method. Some manikin materials could be damaged in a dishwasher.
- Disposable airway equipment must be replaced at the end of each day of class.
- Manikin clothing and the manikin carrying case should be cleaned periodically or when soiled.