

CPR Manikin Hygiene Information and Guidance

Version 3 – October 2022

The following information is intended to offer useful guidance in relation to CPR manikin hygiene.

Training providers should carry out a risk assessment to determine the correct procedures and protocols at the time, taking into account factors such as the prevalence of COVID-19 (or other viruses), government guidance and information provided within this document.

Alcohol Wipes

Should be used on the manikin to sanitise the face between learners. An emphasis should be placed on scrubbing the mouth area of the manikin. The chest, nose and forehead of the manikin can be wiped too, to reduce the possibility of 'hand to hand' transmission. Two examples of alcohol wipes are [azo wipes](#) and [manikin wipes](#).



Cleaning Disinfection Wipes

As the name suggests, these wipes clean and disinfect at the same time, so they prevent the build-up of invisible biofilm on the manikin surface (that alcohol alone does not prevent). They should be used (with an emphasis on scrubbing) after every learning session. These wipes take longer to dry so they are not suitable for use between learners practising. Two examples of cleaning disinfection wipes are [Trionic wipes](#) and [Clinelle wipes](#).



CPR Face Shields

If manikins are shared it is advisable to issue each learner with a CPR [face shield](#). [Filter face shields](#) are available on a roll for CPR training. They don't offer complete bio-protection, but they will offer a 'double fail-safe' level of protection when combined with wipes and a manikin that has a one-way valve (see below). [Face shields with valves](#) offer the best protection but are slightly more expensive. An obvious advantage to a learner using a face shield in practise is that they are familiar with using one if they ever need to give CPR in a real-life situation.



If a learner re-uses a face mask for repeated CPR practise, they should ensure that the face mask is placed on the manikin the same way around each time (so they blow into the same side of the mask each time).

Laerdal Little Anne and Little Junior

[Replacement Faces](#) enable each learner to have their **own** manikin face. This reduces reliance on alcohol wipes alone. If each learner has their **own** face **and** airway this offers the same level of protection as having their own manikin. It is advisable that manikin faces be disinfected after each class following the [manufacturer's instructions](#) (see below). Dispose of any used airways appropriately.



Replacement Airways

Little Anne manikins have a one-way-valve in the airway that sits behind the face mask. The valve redirects expired air from the manikin's lungs out of the back of the head, preventing contamination exiting the mouth towards the learner. It is advised that [Little Anne airways](#) be **replaced after every course** or the one-way valve may fail and unacceptable contamination can build up. (If the valve has failed it becomes impossible to fill the lungs because air leaks out the back of the head). Click [here for a video](#) showing how to change a Little Anne airway.

Laerdal Baby Anne / Baby Anne QCPR / MiniAnne Manikins



THESE MANIKINS DO NOT HAVE A ONE-WAY-VALVE

Contamination may be passed from shared use. It is therefore highly recommended that every learner be issued with their own **lung AND manikin face** (this provides the equivalent respiratory infection control as having your own manikin). Click here for [Little Baby QCPR Lungs](#) and here for [Mini Anne Lungs](#).

It is advisable that manikin faces be disinfected after each class following manufacturer's instructions (see below). Dispose of used lungs appropriately.



Practi-man CPR Manikin

Replacement faces enable each learner to have their own manikin face. This reduces reliance on alcohol wipes alone. Each learner would need their own face, valve and lung to achieve the same level of respiratory protection as having their own manikin. It is advisable that manikin faces and valves be disinfected after each class following manufacturer's instructions (see below). Dispose of any used airways appropriately.



Replacement Airways



Practi-man manikins are designed with a one-way-valve in the pink section of the airway that clips into place behind the face. The valve redirects expired air from the manikin's lungs out the back of the head, preventing contamination exiting the mouth towards the learner. It is advisable that Practi-man airways (lungs) be **replaced after every course** or unacceptable contamination can build up. The Practi-man one-way-valves are designed in such a way that they are less likely to fail in comparison to other manikins, though frequent checks should be taken to ensure the valve is working and it should be replaced regularly to prevent failure. Click [here](#) for a [video](#) showing how to change the Practi-man lungs and airway valve.

Brayden Manikins

Replacement faces enable each learner to have their **own** manikin face. This reduces reliance on alcohol wipes alone. To achieve the same level of respiratory protection as having their own manikin, each learner would need their own face, valve and lung. It is advisable that manikin faces should be disinfected after each class following manufacturer's instructions (see below). Dispose of any used airways appropriately.



Replacement Lungs and Airway Valve



The Brayden manikins are designed with a one-way valve located behind the face mask. The valve redirects expired air from the manikin's lungs out of the back of the head. This prevents contamination in the lungs coming out of the mouth towards the learner. It is advisable that Brayden airways be **replaced after every course**. When purchasing new [Brayden Lung Bags](#), each new lung is supplied with a replacement silicone airway valve flap and a filter. Failure to replace the silicone airway valve flap could result in the one-way valve malfunctioning. **ALWAYS** change the valve at the same time as the lung. Click [here](#) for a [video](#) demonstrating how to do this.

Sanitising Manikin Faces

If manikin faces are issued individually to Learners, they must be sanitized after use. Disassemble the parts first. Sanitising options from the various manufacturers include:

- Soaking in 70°C hot water with a small amount of washing up liquid for 20 mins;
- Soaking in mild bleach solution (e.g. 100ml domestic bleach in 5 litres water) for 20 mins then rinse thoroughly with warm water;
- Placing in the dishwasher (using dishwashing powder/tabs) on a 70°C cycle.
- Scrubbing with cleaning disinfection wipes (see above)