

Tips for making your own DIY CPR Manikin

Soda Bottle Manikin -

1 T-Shirt

1 2-Liter Plastic Bottle

3 Rubber Bands

Some type of filler (newspaper, paper or plastic bags)

Ensure that the 2-liter bottle is completely empty with its cap screwed on tightly.

Insert the 2-liter bottle into the shirt in the center of the where a person's chest would be on their breastbone.

Take your filler and insert it into the shirt around the bottle, ensuring that the bottle stays aligned down the front center of the shirt.

Take your t-shirt and tie a rubber band around each of the two arms and the bottom of the shirt.



Toilet Paper Manikin –

1 Unused Toilet Paper Roll

1 T-shirt (suggest a thicker shirt)

1 Bath Towel

Insert your T-shirt into your Toilet Paper Tube, ensuring the Tube is in the center of the shirt.

Place your Toilet Paper Roll and T-shirt in the center of your folded Towel.

Fold over the Towel, covering your Toilet Paper Roll



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