



*Let's Save More Women's Lives Together:
The Impact of Gender-Inclusive CPR Training*

PRESTAN Professional Female Manikin



As we continue to celebrate the release of the new [PRESTAN Female Manikin](#), we want to focus on why this new addition to your training toolkit is so important—especially for the women who may one day rely on a bystander to survive a cardiac emergency. To highlight the mothers, daughters, sisters and friends who too often don't receive the emergency care they need.

Cardiovascular disease is the number one killer of women, yet only [44% of women](#) recognize it as their greatest health threat. Even more concerning, women are significantly less likely to receive bystander CPR—[only 39% compared to 45% of men](#). As a result, men's odds of surviving a cardiac event are 23% higher than women's. These statistics are more than just numbers—they represent real lives at risk and reflect deep-seated fears and misconceptions about performing CPR on women.

These figures highlight an urgent need for change, and we believe that change starts with you. That's why we created the PRESTAN Female Manikin—to address these barriers head-on. To encourage conversations about the fears and myths that hold people back from taking action, such as concerns over inappropriate touching, causing injury or the mistaken belief that women are less likely to experience cardiac arrest.

By providing a realistic, gender-inclusive training experience, you can help ensure your students feel prepared to assist anyone, regardless of gender. The [PRESTAN Female Manikin](#) is designed to foster discussions, dispel myths and, most importantly, build the confidence needed to perform life-saving CPR on women.

Representation matters in CPR training. It's about more than just teaching a technique; it's about instilling the confidence to act when it matters most.



At the course in Heerhugowaard there were still male dolls with "glued-on" breasts, but the real women's dolls like Marjolijn is holding here will arrive in October. (photo: supplied)



Leading the Charge: Pioneering Gender Inclusivity in CPR Training and Practices



Aubi Nemeth

"As CPR instructors, part of our responsibility is ensuring our students are fully prepared to act without hesitation. The PRESTAN Female Manikin is a vital step in removing the biases that have existed in CPR training for too long."

www.sixthcitycpr.com

Owner & Instructor of Sixth City CPR on PRESTAN® Release of Female CPR Manikin

PRESTAN Releases Female CPR Manikin To Improve Survival Rates For Women

Building confidence in gender-inclusive CPR training to save more women's lives.

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SOLON, OHIO, September 18, 2024 – PRESTAN, a leader in innovative CPR and AED training solutions, is proud to announce the launch of the PRESTAN Female Manikin. PRESTAN has long been at the forefront of CPR training innovation, constantly pushing to make training more realistic and build confidence when performing CPR. The introduction of the new female manikin represents a significant leap forward in CPR training, addressing the critical disparity in cardiac arrest survival rates between men and women.

"Our mission has always been to empower people with the confidence to save lives," said Ed Feil, PRESTAN's VP of Global Sales & Marketing. He continued, "The PRESTAN Female Manikin furthers that mission by ensuring our training tools reflect the diversity of real-life situations."

To learn more about the PRESTAN Female Manikin and how it can enhance your training programs, reach out to your distributor today -or- to find a PRESTAN Authorized Distributor near you, please visit: <https://www.prestan.com/find-a-distributor/>.



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"When a woman is lying down, the breasts fall down a little bit." In CPR, you push on the sternum. "You don't really have much to do with breasts," says Marjolijn. (photo: supplied)



"Resuscitation is daring to act," says Marjolijn. "The theory is not the practice." (photo: supplied)

The uncertain feelings when resuscitating women increase even more when an AED (defibrillator, ed.) has to be used. "That has to be done on a bare upper body, even without a bra. People just have to learn to dare to do this and that's what they do in such a course: dare to act."

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