



Work Safer, Work Harder, Buy Smarter

American Heart Association Heartsaver First aid, CPR, And AED

8 Hour Course

Materials: American Heart Association Heartsaver Workbook

Course Content:

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Preventing illness and injury
- Adult CPR and AED use
- Opioid-associated life-threatening emergencies
- Child CPR and AED use
- Infant CPR
- Optional modules in child CPR and AED use and infant CPR
- Optional exam

After successfully completing this course, students should be able to:

- List the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid
- Remove protective gloves
- Find the problem
- Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant
- Use an epinephrine pen
- Control bleeding and bandaging
- Recognize elements of common injuries
- Recognize elements of common illnesses
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers
- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult
- Describe how to perform CPR with help from others
- Give effective breaths using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on an adult
- Perform high-quality CPR for a child*
- Demonstrate how to use an AED on a child*
- Perform high-quality CPR for an infant*
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant*