

Heartsaver® First Aid CPR AED

The Heartsaver® First Aid CPR AED course provides first responders with training in basic first aid and CPR AED procedures -- including the first aid skills recommended by OSHA -- in a format that can be delivered in a single day. The course covers:

- First Aid Basics
- Medical Emergencies
- Injury Emergencies
- Environmental Emergencies
- Adult CPR AED
- Adult Choking

Options include:

- Child CPR AED
- Infant CPR
- Child and Infant Choking

The Heartsaver® First Aid CPR AED course is intended for all individuals who have a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements, including:

- security and airline personnel
- camp counselors
- police and firefighters
- teachers and day-care workers
- aerobics teachers/physical-fitness trainers
- other individuals who want or need first-aid training.

The instructor-led course is approximately 5 to 7 hours, with skills testing by an American Heart Association instructor during the course.

The self-directed online course is approximately 2.5 hours for the cognitive portion (Part 1), variable for the skills practice session (Part 2), and 45 minutes for skills testing (Part 3). (Note: Parts 2 and 3 must be completed with a certified American Heart Association instructor.)

Using Heartsaver® First Aid CPR AED in schools

This course may be offered in elementary, middle, and high school settings over multiple class periods using standard student and instructor materials and a school version of the course completion card. Instructors should consult the Heartsaver First Aid CPR AED Sample Agenda for Schools, which is available for free to members of the American Heart Association Instructor Network at www.ahainstructornetwork.org.