

Sample Heartsaver® CPR AED (adult, child infant) Course Agenda With Optional Lessons Included

12 Students, 2 Heartsaver Instructors
Student-instructor ratio 6:1; student-manikin ratio 3:1
Total time: Approximately 4½ hours

8:00-8:05	Lesson 1: Course Introduction
8:05-8:13	Lesson 1A: Life Is Why Activity (Optional)
8:13-9:08	Lesson 2: Adult CPR Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask)
9:08-9:23	Lesson 3: Use an AED (Adult) Part I: AED Part II: Putting It All Together
9:23-9:25	Lesson 4: Help From Others
9:25-9:27	Lesson 5: Adult CPR AED Summary
9:27-9:47	Lesson 6: Adult CPR and AED Skills Test
9:47-9:52	Lesson 7: Naloxone
9:52-9:56	Lesson 8: Adult Choking
9:56-10:11	Break (or course conclusion if not including child and infant)
10:11-10:16	Lesson 1: Child CPR AED Introduction
10:16-10:51	Lesson 2: Child CPR Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask)
10:51-11:09	Lesson 3: Use an AED (Child) Part I: AED Part II: Putting It All Together
11:09-11:11	Lesson 4: Help From Others
11:11-11:13	Lesson 5: Child CPR AED Summary
11:13-11:25	Lesson 6: Child CPR Skills Test
11:25-11:29	Lesson 7: Child Choking
11:29-11:31	Lesson 1: Infant CPR Introduction
11:31-12:03	Lesson 2: Infant CPR Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask) Part V: Putting It All Together
12:03-12:05	Lesson 3: Infant CPR Summary
12:05-12:17	Lesson 4: Infant CPR Skills Test
12:17-12:22	Lesson 5: Infant Choking
12:22-12:24	Lesson 6: Course Conclusion

Sample Heartsaver® First Aid Course Agenda With Optional Lessons Included

12 Students, 2 Heartsaver Instructors
Student-instructor ratio 6:1; student-manikin ratio 3:1
Total time: Approximately 2¾ hours

8:00-8:02	Lesson 1: Course Introduction
8:02-8:10	Lesson 1A: Life Is Why Activity (Optional)
8:10-8:55	Lesson 2: First Aid Basics: Duties and Key Steps Part I: Duties, Roles, and Responsibilities of First Aid Rescuers Part II: Universal Precautions and Exposure to Blood Part III: Removing Protective Gloves (Test) Part IV: Finding the Problem (Test)
8:55-8:58	Lesson 3: First Aid Basics Summary
8:58-9:23	Lesson 4: Medical Emergencies Part I: Breathing Problems Part II: Choking (if teaching First Aid only) Part III: Allergic Reactions Part IV: Using an Epinephrine Pen (Test) Part V: Heart Attack, Fainting, Diabetes and Low Blood Sugar, Stroke, and Seizure
9:23-9:26	Lesson 5: Medical Emergencies Summary
9:26-9:41	Break
9:41-10:11	Lesson 6: Injury Emergencies Part I: External Bleeding Part II: Controlling Bleeding and Bandaging (Test) Part III: Wounds Part IV: Internal Bleeding Part V: Head, Neck, and Spine Injuries Part VI: Broken Bones and Sprains Part VII: Burns and Electrical Injuries
10:11-10:13	Lesson 7: Injury Emergencies Summary
10:13-10:38	Lesson 8: Environmental Emergencies Part I: Bites and Stings Part II: Heat-Related Emergencies Part III: Cold-Related Emergencies Part IV: Poison Emergencies
10:38-10:40	Lesson 9: Environmental Emergencies Summary
10:40-10:42	Lesson 10: Preventing Illness and Injury; Legal Questions
10:42-10:44	Lesson 11: Course Conclusion