

Heartsaver First Aid CPR AED Instructor-Led Course Agenda Heartsaver Basic Course Path

Approximate course path duration without optional topics: 2.25 hours;
time may be extended with additional topics

Student-instructor ratio 6:1; student-manikin ratio 3:1

Lesson times are estimates and can vary from course to course.

Lesson	Course event	Time estimate in minutes
Adult CPR AED		
1	Adult CPR AED Introduction <ul style="list-style-type: none"> • CPR AED Introduction • Survivor Stories: Andy and Sydney’s Story 	6
2	Adult CPR <ul style="list-style-type: none"> • Adult CPR: Responding to a Medical Emergency • Practice While Watching: Adult Medical Emergency • Adult CPR: Compressions • Practice While Watching: Adult Compressions • Adult CPR: Breaths • Practice While Watching: Adult Breaths (Mouth-to-Mouth) • Practice While Watching: Adult Breaths (Pocket Mask) • Practice While Watching: Adult CPR 	30
3	Use an AED on an Adult <ul style="list-style-type: none"> • Adult CPR: Using an AED • Practice While Watching: Using an AED on an Adult • Put It All Together: Adult CPR 	15
Summary	Adult CPR AED	2
4	Adult CPR and AED Skills Test	20
5	Adult Choking <ul style="list-style-type: none"> • Adult Choking Relief 	5
6	Water Competency and Drowning <ul style="list-style-type: none"> • Water Competency and Drowning 	5
7	Conclusion (if teaching Child CPR AED or Infant CPR AED, skip this lesson) <ul style="list-style-type: none"> • Conclusion 	2
Child CPR AED		
(Optional; if not teaching Child CPR AED, go to Lesson 1: Infant CPR AED Introduction)		
1	Child CPR AED Introduction <ul style="list-style-type: none"> • Survivor Stories: Sabine’s Story (optional) • Pediatric CPR: Responding to a Medical Emergency • Practice While Watching: Child Medical Emergency 	8 (6 required)

Lesson	Course event	Time estimate in minutes
2	Child CPR <ul style="list-style-type: none"> Child CPR: Compressions Practice While Watching: Child Compressions Child CPR: Breaths Practice While Watching: Child Breaths (Mouth-to-Mouth) Practice While Watching: Child Breaths (Pocket Mask) Practice While Watching: Child CPR 	25
3	Use an AED on a Child <ul style="list-style-type: none"> Child CPR: Using an AED Put It All Together: Child CPR 	8
Summary	Child CPR AED	2
4	Child CPR Skills Test	15
5	Child Choking <ul style="list-style-type: none"> Child Choking Relief 	3
6	Conclusion (if teaching Infant CPR AED, skip this lesson) <ul style="list-style-type: none"> Conclusion 	2
Infant CPR AED (Optional; if not teaching Infant CPR, go to Lesson 1: First Aid Introduction)		
1	Infant CPR Introduction <ul style="list-style-type: none"> Pediatric CPR: Responding to a Medical Emergency (skip this video if you've already shown it during Child CPR AED) Practice While Watching: Infant Medical Emergency 	5 (3 required)
2	Infant CPR <ul style="list-style-type: none"> Infant CPR: Compressions Practice While Watching: Infant Compressions Infant CPR: Breaths Practice While Watching: Infant Breaths (Mouth-to-Mouth- and-Nose) Practice While Watching: Infant Breaths (Pocket Mask) Practice While Watching: Infant CPR 	25
3	Use an AED on an Infant <ul style="list-style-type: none"> Infant CPR: Using an AED Put It All Together: Infant CPR 	10
Summary	Infant CPR AED	2
4	Infant CPR Skills Test	15
5	Infant Choking <ul style="list-style-type: none"> Survivor Stories: Tammy's Story (optional) Infant Choking Relief Practice While Watching: Infant Choking Relief 	10 (8 required)

Lesson	Course event	Time estimate in minutes
Summary	Infant Choking	2
6	Conclusion (if teaching First Aid, skip this lesson) <ul style="list-style-type: none"> • Conclusion 	2
First Aid		
1	First Aid Introduction <ul style="list-style-type: none"> • Introduction to First Aid • Survivor Stories: Alandra's Story (optional) 	6 (4 required)
2	First Aid Basics <ul style="list-style-type: none"> • Responding to a First Aid Emergency (Test) • Personal Protective Equipment 	15
Summary	First Aid Basics	2
3	Medical Emergencies <ul style="list-style-type: none"> • Adult Choking Relief (skip if you covered during Adult CPR AED) • Survivor Stories: Ben's Story (optional) • Breathing Problems and Asthma • Allergic Reactions • Heart Attack • Survivor Stories: Fin and Karen's Story (optional) • Fainting (optional) • Diabetes and Low Blood Sugar (optional) • Survivor Stories: Courtney's Story (optional) • Opioid Overdose • Stroke • Seizure (optional) 	32 (20 required)
Summary	Medical Emergencies	2
4	Environmental Emergencies <ul style="list-style-type: none"> • Bites and Stings (optional) • Heat-Related Emergencies (optional) • Cold-Related Emergencies (optional) • Poison Emergencies (optional) 	24 (0 required)
Summary	Environmental Emergencies (optional)	2 (0 required)
5	Injury Emergencies <ul style="list-style-type: none"> • Survivor Stories: Tony's Story (optional) • External Bleeding (Test) • Practice While Watching: Bleeding Control • Wounds: Eyes and Nose (optional) • Wounds: Mouth and Teeth (optional) • Penetrating and Puncturing Injuries (optional) • Amputation (optional) • Internal Bleeding and Shock (optional) • Head, Neck, and Spine Injuries (optional) 	38 (10 required)

Lesson	Course event	Time estimate in minutes
	<ul style="list-style-type: none"> • Broken Bones and Sprains (optional) • Burns and Electrical Injuries (optional) 	
Summary	Injury Emergencies (optional)	2 (0 required)
6	Prevention Strategies <ul style="list-style-type: none"> • Preventing Repetitive Stress Injuries and Overexertion (optional) • Recognizing Signs of Mental Health Crisis in the Workplace (optional) 	7 (0 required)
Summary	Prevention Strategies	2 (0 required)
7	Conclusion <ul style="list-style-type: none"> • Conclusion 	2