

HEARTSAVER® FIRST AID CPR AED

COURSE AGENDA

Time	Count	Content
8:00-8:05	0:05	Lesson 1: Course Introduction
8:05-9:00	0:55	Lesson 2: Adult CPR <ul style="list-style-type: none"> ● Part 1: scene safety and assessment ● Part 11: chest compressions ● Part 111: giving breaths (mouth to mouth) ● Part 1V: giving breaths (with a mask)
9:00-9:15	0:15	Practice while watching video
9:15-9:55	0:40	Lesson 3: Use an AED (adult) <ul style="list-style-type: none"> ● Part 1: AED ● Part !!: putting it all together
9:55-10:15	0:20	Practice while watching video
10:15-10:45	0:30	Lesson 4: Help from others
10:45-11:00	0:15	Lesson 5: Adult CPR AED Summary
11:00-11:15	0:15	Break Lesson 6: Adult CPR AED Skills Test
11:15-11:30	0:15	Lesson 7: Adult choking
11:30 -11:45	0:15	Break
11:45-12:00	0:15	Lesson 1: Infant CPR Introduction
12:00-12:30	0:30	Lesson 2: Infant CPR <ul style="list-style-type: none"> ● Scene Safety and Assessment ● Chest compressions ● Giving breaths (mouth-to-mouth) ● Giving Breaths (With a mask) ● Putting it all together
12:30-12:45	0:15	Practice while watching video

