

Heartsaver First Aid Course Information

The AHA (American Heart Association) **Heartsaver First Aid** Course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. The course provides complete health and safety training solution for emergency first aid. This course is designed for persons assigned to respond to emergencies in the workplace or community as well as those who want to learn first aid, CPR and AED skills. Some rescuers may be required to take this course as part of their employer's efforts to comply with OSHA regulations. This would include corporate safety employees, security guards, airline personnel, lifeguards, etc. AHA two year certification card on completion of this course. Testing is required.

General Principles

- Responsibility and Liability Safety
- Universal Precautions
- When to Phone for Help
- How to Phone for help
- Finding the Problem
- After the Emergency

Medical Emergencies

- Breathing Problems
- Choking
- Bad Allergic Reactions
- Chest Pain and Heart Attack
- Fainting
- Diabetes
- Stroke
- Seizures

Injury Emergencies

- First Aid for Bleeding
- Blood You Can See
 - Nose-bleeding
 - Bleeding From the Mouth
 - Puncture Wounds
 - Amputation
- Bleeding you Can't see and Shock
- Head and Spine Injuries
- Burns
 - Burns Caused by Heat
 - Electrical Injuries

Environmental Emergencies

- Bites and Stings
- Snakebite
- Insect Bites and stings
 - Bad Allergic Reactions
 - Ticks
- Temperature-Related Emergencies
 - Cold-related Emergencies
 - Hypothermia
 - Heat-related Emergencies
- Poison Emergencies

Adult/Child Cardiopulmonary Resuscitation {CPR}

- Rescue Breathing
- Foreign-body airway obstruction (choking)
- Chest Compressions

Automated External Defibrillator {AED}

- AED Operations
- Special Situations
 - Children
 - Water
 - Implanted Pacemaker
 - Medicine Patch
 - Hairy Chest

Infant Cardiopulmonary Resuscitation {CPR} (optional module*)

- Rescue Breathing
- Foreign-body airway obstruction (choking)
- Chest Compressions

** Infant CPR module adds about 1/2 hour to the total class time. Without the Infant module, the elapsed time is 4 hours, minimum. With both modules, the class time is 4-1/2 hours.*