



HeartSaver Basic CPR/AED Course

Length: 3 to 4 hours **Certification:** Valid for 2 Years.

Section 1: Rescuer Duties and Key Steps (Dropped if Taking First Aid Course)

- Duties, Roles, and Responsibilities of Rescuers
- Phoning for Help
- Universal Precautions and Exposure to Blood
- Removing Protective Gloves
- Optimal Positions for an Ill or Injured Person
- Rescuer Duties and Key Steps Summary

Section 2: Adult CPR/AED

- Scene Safety and Assessment
- Chest Compressions
- Giving Breaths (Mouth-to-Mouth)
- Giving Breaths (With a Mask)
- Use an AED
- Putting It All Together
- Help from Others
- Adult CPR/AED Summary
- Naloxone
- Adult Choking (Dropped If Taking First Aid)
- Course Conclusion (If Taking Just the Adult CPR/AED Only)

Section 3: Child CPR/AED

- Scene Safety and Assessment (Dropped If Taking Adult/Child/Infant CPR/AED)
- Chest Compressions
- Giving Breaths (Mouth-to-Mouth)
- Giving Breaths (With a Mask)
- Use an AED
- Putting It All Together
- Help from Others (Dropped If Taking Adult/Child/Infant CPR/AED)
- Child CPR/AED Summary
- Naloxone (Dropped If Taking Adult/Child/Infant CPR/AED)
- Child Choking (Dropped If Taking First Aid)
- Course Conclusion (If Taking Just the Child CPR/AED Only)

Section 4: Infant CPR/AED

- Scene Safety and Assessment (Dropped If Taking Adult/Child/Infant CPR/AED)
- Chest Compressions
- Giving Breaths (Mouth-to-Mouth)
- Giving Breaths (With a Mask)
- Use an AED
- Putting It All Together
- Help from Others (Dropped If Taking Adult/Child/Infant CPR/AED)
- Child CPR/AED Summary
- Naloxone (Dropped If Taking Adult/Child/Infant CPR/AED)
- Child Chocking (Dropped If Taking First Aid)
- Course Conclusion (If Taking Just the Infant CPR/AED Only)

Section 5: Legal Questions

Section 6: Course Conclusion

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