



Heartsaver First Aid Course

Length: 4 Hours

Certification: Valid For 2 Years

Section 1: First Aid Basics: Rescuer Duties and Key Steps

- Duties, Roles, and Responsibilities of First Aid Rescuers
- Introduction to CPR AED
- First Aid Basics
- Key Steps of First Aid
- Assessing the scene
- Phoning for Help
- Universal Precautions and Exposure to Blood
- Removing Protective Gloves
- Finding the Problem
- Optimal Positions for an Ill or Injured Person
- First Aid Basics Summary

Section 2: Medical Emergencies

- Breathing Problems
- Asthma
- Assembling and Using an Inhaler
- How to Help Someone with a Breathing Problem
- Adult Chocking
- Child Chocking
- Infant Chocking
- Chocking Summary
- Allergic Reactions
- Using an Epinephrine Pen
- Heart Attack
- Fainting
- Diabetes and Low Blood Sugar
- Stroke
- Seizure
- Bleeding From the Mouth
- Medical Emergencies Summary

Section 3: Injury Emergencies

- External Bleeding
- Controlling Bleeding and Bandaging
- Using Tourniquets
- Shock
- Bleeding From the Nose
- Tooth Injuries
- Eye Injuries
- Penetrating and Puncturing Injuries
- Amputation
- Internal Bleeding
- Head, Neck, and Spine Injuries
- Broken Bones and Sprains
- Splinting (Optional)
- Burns and Electrical Injuries
- Injury Emergencies Summary

Section 4: Environmental Emergencies

- Bites and Stings
- Animal and Human Bites
- Snakebites
- Bee Stings and Insect and Spider Bites
- Poisonous Spider Bites and Scorpion Stings
- Tick Bites
- Marine Bites and Stings
- Heat Related Emergencies
- Dehydration
- Heat Cramps
- Heat Exhaustion
- Heat Stroke
- Frostbite
- Low Body Temperature (Hypothermia)
- Poison Emergencies
- Environmental Emergencies Summary

Section 5: Legal Questions

Section 6: Preventing Illness and Injuries

Section 7: Course Conclusion

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