

Course: Standard First Aid, CPR, and AED
Approximate Time: 240 minutes

Note: Italicized skill practice denotes optional skills with accompanying skill sheets in the student manual and related skills videos. Additional time is required if covering optional skills.

Note: This course includes CPR and AED for adults, children, and infants

Topic	Sub Topics	Skill Practice	Video Segment	Length
Course Logistics		None	No	5 min
Introduction	<ul style="list-style-type: none"> • Understanding Injuries • Importance of First Aid • Role of First Aid Provider 	None	No	5 min
Before Helping, Take the Appropriate Actions	<ul style="list-style-type: none"> • Scene Size-up • Seeking Medical Care • Legal Aspects of First Aid • Disease Prevention • Finding What Is Wrong 	<ul style="list-style-type: none"> • Removing Gloves • Finding What Is Wrong in an Alert Person 	Yes	10 min
Injury Emergencies	<ul style="list-style-type: none"> • Bleeding Control • Wound Care • Blisters • Nose Injuries • Tooth Injuries • Eye/Ear Injuries • Impaled/Embedded Object • Amputations and Avulsions • Head and Spinal Injuries • Chest Injuries • Abdominal Injuries • Bone, Joint, and Muscle Injuries • Burns 	<ul style="list-style-type: none"> • Bleeding Control • <i>Applying a Manufactured Tourniquet</i> • <i>Applying an Improvised Tourniquet</i> • Applying a Roller Bandage on an Arm • <i>RICE Procedure for an Ankle Injury</i> • <i>Applying a Rigid Splint on a Forearm</i> • <i>Applying a Soft Splint on a Forearm</i> • <i>Applying an Arm Sling</i> • <i>Making a Cravat Bandage</i> • <i>Applying a Cravat Bandage on an Arm or Leg</i> 	Yes	45 min

		<ul style="list-style-type: none"> • <i>Applying a Cravat Bandage to the Palm of the Hand</i> 		
Sudden Illnesses	<ul style="list-style-type: none"> • Asthma • Severe Allergic Reactions (Anaphylaxis) • Heart Attack • Stroke • Fainting • Diabetic Emergencies • Seizures • Shock • Pregnancy Complications 	<ul style="list-style-type: none"> • Using an Epinephrine Auto-injector 	Yes	20 min
Environmental Emergencies	<ul style="list-style-type: none"> • Animal Bites • Snake and Other Reptile Bites • Arthropod Bites and Stings • Marine Animal Injuries • Heat-Related Emergencies • Cold-Related Emergencies • Poisoning • Poison Ivy, Poison Oak, and Poison Sumac Reactions 	None	Yes	20 min
CPR and AED	<ul style="list-style-type: none"> • Heart Attack and Cardiac Arrest • Performing CPR • Compression-Only CPR • Airway Obstruction • Automated External Defibrillator (AED) 	<ul style="list-style-type: none"> • Placing a Person in the Recovery Position • Adult and Child CPR • Infant CPR • Adult and Child Choking Care • Infant Choking Care • Using an AED 	Yes	120 min
Emergency Rescues, Moves, and Priorities	<ul style="list-style-type: none"> • Emergency Rescues • Emergency Moves • Prioritizing Multiple Injured People 	None	No	5 min
Wrap Up	<ul style="list-style-type: none"> • Group Review • Issue Completion Cards 	None	No	10 min

Course: Adult First Aid, CPR, and AED
Approximate Time: 180 minutes

Note: Italicized skill practice denotes optional skills with accompanying skill sheets in the student manual and related skills videos. Additional time is required if covering optional skills.

Note: Additional time required if adding other topics such as child and infant CPR or AED

Topic	Sub Topics	Skill Practice	Video Segment	Length
Course Logistics		None	No	5 min
Introduction	<ul style="list-style-type: none"> • Understanding Injuries • Importance of First Aid • Role of First Aid Provider 	None	No	5 min
Before Helping, Take the Appropriate Actions	<ul style="list-style-type: none"> • Scene Size-up • Seeking Medical Care • Legal Aspects of First Aid • Disease Prevention • Finding What Is Wrong 	<ul style="list-style-type: none"> • Removing Gloves • Finding What Is Wrong in an Alert Person 	Yes	10 min
Injury Emergencies	<ul style="list-style-type: none"> • Bleeding Control • Wound Care • Blisters • Nose Injuries • Tooth Injuries • Eye/Ear Injuries • Impaled/Embedded Object • Amputations and Avulsions • Head and Spinal Injuries • Chest Injuries • Abdominal Injuries • Bone, Joint, and Muscle Injuries • Burns 	<ul style="list-style-type: none"> • Bleeding Control • <i>Applying a Manufactured Tourniquet</i> • <i>Applying an Improvised Tourniquet</i> • Applying a Roller Bandage on an Arm • <i>RICE Procedure for an Ankle Injury</i> • <i>Applying a Rigid Splint on a Forearm</i> • <i>Applying a Soft Splint on a Forearm</i> • <i>Applying an Arm Sling</i> • <i>Making a Cravat Bandage</i> • <i>Applying a Cravat Bandage on an Arm or Leg</i> • <i>Applying a Cravat Bandage to the Palm</i> 	Yes	45 min

		<i>of the Hand</i>		
Sudden Illnesses	<ul style="list-style-type: none"> • Asthma • Severe Allergic Reactions (Anaphylaxis) • Heart Attack • Stroke • Fainting • Diabetic Emergencies • Seizures • Shock • Pregnancy Complications 	<ul style="list-style-type: none"> • Using an Epinephrine Auto-injector 	Yes	20 min
Environmental Emergencies	<ul style="list-style-type: none"> • Animal Bites • Snake and Other Reptile Bites • Arthropod Bites and Stings • Marine Animal Injuries • Heat-Related Emergencies • Cold-Related Emergencies • Poisoning • Poison Ivy, Poison Oak, and Poison Sumac Reactions 	None	Yes	20 min
CPR and AED	<ul style="list-style-type: none"> • Heart Attack and Cardiac Arrest • Performing CPR • Compression-Only CPR • Airway Obstruction • Automated External Defibrillator (AED) 	<ul style="list-style-type: none"> • Placing a Person in the Recovery Position • Adult CPR • Adult Choking Care • Using an AED 	Yes	60 min
Emergency Rescues, Moves, and Priorities	<ul style="list-style-type: none"> • Emergency Rescues • Emergency Moves • Prioritizing Multiple Injured People 	None	No	5 min
Wrap Up	<ul style="list-style-type: none"> • Group Review • Issue Completion Cards 	None	No	10 min

Course: Adult, Child, and Infant CPR
Approximate Time: 120 minutes

Topic	Sub Topics	Skill Practice	Video Segment	Length
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Course Logistics		None	No	5 min
Introduction	<ul style="list-style-type: none"> • Importance of First Aid • Role of First Aid Provider 	None	No	5 min
Before Helping, Take the Appropriate Actions	<ul style="list-style-type: none"> • Scene Size-up • Seeking Medical Care • Legal Aspects of First Aid • Disease Prevention • Finding What Is Wrong 	<ul style="list-style-type: none"> • Removing Gloves • Finding What Is Wrong in an Alert Person 	Yes	10 min
Sudden Illnesses	<ul style="list-style-type: none"> • Asthma • Heart Attack • Fainting • Stroke • Seizures • Shock 		Yes	10 min
CPR and AED	<ul style="list-style-type: none"> • Heart Attack and Cardiac Arrest • Performing CPR • Compression-Only CPR • Airway Obstruction • Automated External Defibrillator (AED) 	<ul style="list-style-type: none"> • Placing a Person in the Recovery Position • Adult and Child CPR • Infant CPR • Adult and Child Choking Care • Infant Choking Care • Using an AED 	Yes	80 min
Wrap Up	<ul style="list-style-type: none"> • Group Review • Issue Completion Cards 	None	No	10 min

Course: Adult CPR

Approximate Time: 90 minutes

Topic	Sub Topics	Skill Practice	Video Segment	Length
Course Logistics		None	No	5 min
Introduction	<ul style="list-style-type: none"> • Importance of First Aid • Role of First Aid Provider 	None	No	5 min
Before Helping, Take the Appropriate Actions	<ul style="list-style-type: none"> • Scene Size-up • Seeking Medical Care • Legal Aspects of First Aid • Disease Prevention • Finding What Is Wrong 	<ul style="list-style-type: none"> • Removing Gloves • Finding What Is Wrong in an Alert Person 	Yes	5 min

Sudden Illnesses	<ul style="list-style-type: none"> • Asthma • Heart Attack • Fainting • Stroke • Seizures • Shock 		Yes	10 min
CPR and AED	<ul style="list-style-type: none"> • Heart Attack and Cardiac Arrest • Performing CPR • Compression-Only CPR • Airway Obstruction • Automated External Defibrillator (AED) 	<ul style="list-style-type: none"> • Placing a Person in the Recovery Position • Adult CPR • Adult Choking Care • Using an AED 	Yes	60 min
Wrap Up	<ul style="list-style-type: none"> • Group Review • Issue Completion Cards 	None	No	5 min

Course: Child and Infant CPR
Approximate Time: 90 minutes

Topic	Sub Topics	Skill Practice	Video Segment	Length
Course Logistics		None	No	5 min
Introduction	<ul style="list-style-type: none"> • Importance of First Aid • Role of First Aid Provider 	None	No	5 min
Before Helping, Take the Appropriate Actions	<ul style="list-style-type: none"> • Scene Size-up • Seeking Medical Care • Legal Aspects of First Aid • Disease Prevention • Finding What Is Wrong 	<ul style="list-style-type: none"> • Removing Gloves • Finding What Is Wrong in an Alert Person 	Yes	10 min
Sudden Illnesses	<ul style="list-style-type: none"> • Asthma • Fainting • Seizures • Shock 		Yes	5 min
CPR and AED	• Heart Attack and Cardiac	• Placing a Person in	Yes	60 min

	Arrest <ul style="list-style-type: none"> • Performing CPR • Compression-Only CPR • Airway Obstruction • Automated External Defibrillator (AED) 	the Recovery Position <ul style="list-style-type: none"> • Child CPR • Infant CPR • Child Choking Care • Infant Choking Care • Using an AED 		
Wrap Up	<ul style="list-style-type: none"> • Group Review • Issue Completion Cards 	None	No	5 min

Course: AED

Approximate Time: 60 minutes

Topic	Sub Topics	Skill Practice	Video Segment	Length
Course Logistics		None	No	5 min
How the Heart Works	When Normal Electrical Activity Is Interrupted	None	No	5 min
About AEDs	Common Elements	None	No	5 min
Using AEDs	<ul style="list-style-type: none"> • Heart Attack and Cardiac Arrest • Performing CPR • Automated External Defibrillator (AED) 	<ul style="list-style-type: none"> • Adult and Child CPR • Using an AED 	Yes	30 min
Special Considerations	<ul style="list-style-type: none"> • Water • Children • Medication Patches • Implanted Devices 	None	No	5 min
AED Maintenance		None	No	5 min
Wrap Up	<ul style="list-style-type: none"> • Group Review • Issue Completion Cards 	None	No	5 min