

Life Support Training Center

Course Name: Heart saver First Aid CPR AED

Accreditation: Accredited by AHA

Course Description:

- Heart saver First Aid CPR AED is a classroom-based, video-driven course. The Course is for those with limited or no medical training who need a course completion card in first aid and/or CPR AED to meet job, regulatory or other requirements. This course teaches participants critical skills needed to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) takes over. On the course, participants learn how to recognize, respond to and treat a variety of first aid emergencies, and perform CPR and use an AED in the event of a sudden cardiac arrest.
- This course teaches the following skills using the practice-while-watching technique:
 1. First Aid basics (including scene safety, finding the problem, calling for help and more)
 2. Medical emergencies (including management of choking, breathing problems, shock and more)
 3. Injury emergencies (including management of bleeding, broken bones, burns and more)
 4. Environmental emergencies (including management of bites and stings, and temperature-related and poison emergencies)
 5. Adult CPR AED (with a mask)
 6. Optional modules in child CPR AED and infant CPR, including child and infant choking

Intended Audience:

- This course designed for employees in the workplace, nursery employees, babysitters, firefighters, policemen, airline personnel, security guards, Health club coaches, family members of patients at high risk for sudden cardiac death, and any other personnel who may have a need to respond to an emergency because of job responsibilities or regulatory requirements.

Course Duration & Frequency:

- Approximately 5 hours
- 1 course per month and upon request

Completion criteria to receipt the AHA Card:

- Upon completion of this course, students receive an American Heart Association Heart saver First Aid CPR AED Course Completion Card that is valid for two years.
- During the course, an AHA Instructor conducts video-based lessons and works with students to complete their first aid, CPR and AED skills practice and testing.

I. Skill Test:

The following skills are tested:

1. Taking off gloves
2. Finding the problem
3. Epinephrine pen use
4. Stopping bleeding
5. Adult CPR AED
6. Child CPR AED (when taught)
7. Infant CPR (when taught)

II. Written Test:

While the AHA does not mandate completion of a written test for Heart saver courses, an optional written test is available.

Completion criteria to receipt the AHA Card:

Students who successfully complete the requirements of this course will receive an AHA Heart saver First Aid CPR AED Course Completion Card, valid two years.

Student Materials:

- Heart saver First Aid CPR AED Student Workbook (eBook)

Course price: 49 JD