

Heartsaver® First Aid

FACT SHEET

Introduction

Heartsaver® First Aid is a classroom, video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives.

Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies

Who should attend this course?

This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory or other requirements.

Heartsaver® First Aid Course Features:

- Video-based course ensures consistency.
- Instructor-led, hands-on class format reinforces skills proficiency.
- Student manual comes with a new Heartsaver First Aid Quick Reference Guide that summarizes first aid actions for many injuries and illnesses.
- Course is regularly updated.

Heartsaver® First Aid training program covers:

- Key changes reflecting new scientific updates from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies

Course format/ time

Course requires approximately 4 hours to complete, including skills practice and skills testing.

Classroom-based (instructor and video, with skills conducted throughout)

End of course & assessments:

During the course, an AHA Instructor conducts video-based lessons and works with students to complete their first aid skills practice and testing.

Certification

Upon completion of this course, students receive an American Heart Association Heartsaver First Aid Course Completion Card that is valid for two years.



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