

Heartsaver CPR (Adult and Pediatric) With Adult AED Course Agenda

(Based on HS CPR core with Fundamentals AED)

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| Welcome and Introduction | 5 minutes |
| Basic Life Support in Perspective | 18 minutes |
| Video: Heartsaver CPR The Chain of Survival Recognition of heart attack, cardiac arrest, stroke, and FBAO | 8 minutes |
| Instructor-led discussion of signs of heart attack, cardiac arrest, stroke, and choking | 10 minutes |
| Watch-Then-Practice Video Instruction (3:1 participant-manikin ratio) | 20 to 42 minutes |
| Mouth-to-mouth | 8 minutes |
| Mouth-to-mask | 8 minutes |
| Signs of circulation; chest compressions | 8 minutes |
| 1-rescuer CPR (practice with mouth-to-mask) | 10 minutes |
| Relief of FBAO (responsive) | 8 minutes |
| (2:1 participant-manikin ratio = 6-minute watch-then-practice intervals) (1:1 participant-manikin ratio = 4-minute watch-then-practice intervals) | |
| Break | 15 minutes |
| Scenario and Peer Practice | 60 minutes |
| 1-rescuer CPR Relief of FBAO (responsive) | |
| (3 participants in peer practice, 3 participants in scenario, then switch. Each participant should serve as the team leader twice for each skill.) | |
| Automated External Defibrillation | 10 minutes |
| Video: BLS for Healthcare Providers, Module 2: AEDs <ul style="list-style-type: none"> - Principle of early defibrillation - Special situations - Operation of AED (including safety) | |
| AED Demonstration | 5 minutes |
| Instructor demonstration of 1-shock scenario | |
| Practice Basic Operation of AED (3:1 participant-manikin ratio) | 5 to 15 minutes |
| Practice 1-shock scenario | |
| (2:1 participant-manikin ratio = 10 minutes of practice [5 minutes each]) (1:1 participant-manikin ratio = 5 minutes of practice) | |
| Scenario and Peer Practice | 40 minutes |
| 4 core scenarios Peer practice | |
| (3 participants practice scenarios, 3 participants practice basic AED operation with peers.) | |

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| Video: Infant and Child | 15 minutes |
| Video: Heartsaver CPR, Module 2: Infant and Child CPR <ul style="list-style-type: none"> - Pediatric Chain of Survival - Injury prevention | 10 minutes |
| Discussion of video content | 5 minutes |
| Watch-Then-Practice Video Instruction (3:1 participant-manikin ratio) | 20 to 42 minutes |
| Infant Skills | |
| Mouth-to-mouth and nose ventilation | 8 minutes |
| Mouth-to-mask | 8 minutes |
| Signs of circulation; chest compressions | 8 minutes |
| 1-rescuer CPR | 10 minutes |
| Relief of FBAO (responsive) | 8 minutes |
| (2:1 participant-manikin ratio = 6-minute watch-then-practice intervals) (1:1 participant-manikin ratio = 4-minute watch-then-practice intervals) | |
| Watch-Then-Practice Video Instruction (3:1 participant-manikin ratio) | 20 to 42 minutes |
| Child Skills | |
| Mouth-to-mouth | 8 minutes |
| Mouth-to-mask | 8 minutes |
| Signs of circulation; chest compressions | 8 minutes |
| 1-rescuer CPR | 10 minutes |
| Relief of FBAO (responsive) | 8 minutes |
| (2:1 participant-manikin ratio = 6-minute watch-then-practice intervals) (1:1 participant-manikin ratio = 4-minute watch-then-practice intervals) | |
| Break | 15 minutes |
| Scenario Peer Practice | 60 minutes |
| Relief of infant FBAO (responsive) Infant CPR and rescue breathing Relief of child FBAO (responsive) Child CPR and rescue breathing | |
| (3 participants in peer practice, 3 participants in scenario, then switch. Each participant should serve as the team leader once for each skill.) | |
| Skills Evaluation, Written Examination, and Course Evaluation | 60 minutes |
| Annotated written examination for providers Relief of adult FBAO (responsive), adult CPR, AED use, and rescue breathing Relief of infant FBAO (responsive), infant CPR, and rescue breathing Relief of child FBAO (responsive), child CPR, and rescue breathing | |
| (3 participants take written examinations, 3 participants take practical examinations, then switch.) | |
| Total course time: 6.1 hours to 7.4 hours plus lunch break | |