

# HeartSaver First Aid



What does this course teach?

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Illness and injury prevention

## Who Should Take This Course?

The AHA Heartsaver® First Aid Course is designed for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements.

Designed to meet OSHA regulations, the Heartsaver® First Aid course trains participants first aid basics for the most common first aid emergencies, including how to recognize them, how to call for help, and how to perform lifesaving skills. This curriculum reflects science and education from the *American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC)* and the *2020 American Heart Association Guidelines for First Aid*.

## Description

Heartsaver® First Aid Course provides students the highest quality training in the lifesaving skills of first aid. This course empowers students to act with confidence in the event of an emergency at work, home, or in the community. Students who successfully complete the course will receive a Heartsaver First Aid Course Completion card, valid for two years.

Heartsaver® First Aid is available in two different training methods – blended learning and classroom training. Both Heartsaver® First Aid course options teach the same AHA science-based skills and result in the same AHA Course Completion card.

- **Blended Learning** – Students complete online Heartsaver® learning modules followed by hands on skills session. Students must complete hands-on skills session with an AHA Instructor to complete certification.
- **Traditional Classroom** – This certification course is Instructor Led with a practice-while-watching AHA video format that includes focused skills learning and assessments throughout the program.

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## Blended Learning Heartsaver First Aid Certification Course

Heartsaver® First Aid course is designed for the lay rescuer responding to emergency situations in the workplace, home and community. The course utilizes four core modules: 1) General Principles, 2) Medical Emergencies, 3) Injury Emergencies, 4) Environmental Emergencies. The modules contain information for lay rescuers on how to manage illness and injuries in the first few minutes until professional help arrives. Upon successful completion of this course, students receive a course completion card valid for two years.

<b>Curriculum Provider</b>	American Heart Association
<b>Format</b>	Blended Learning online portion followed by hands-on skill session  Heartsaver® First Aid Online is the eLearning portion of the Heartsaver® First Aid Blended Learning Course and teaches information needed for first aid training. Upon completion of the online portion, students must complete a hands-on skills session with an AHA Instructor
<b>Course Completion</b>	Upon completion of the online portion, students must complete hands-on skills session with an AHA BLS or Heartsaver Instructor
<b>Time</b>	Online course run times range from 1 - 1 ½ hours Hands-on skills session averages less than one hour  <i>*Individual learner times may vary</i>
<b>Completion Card</b>	Heartsaver® First Aid Course Completion Card, valid for two years
<b>Accessibility</b>	Includes audio and transcript for any students who may have a hearing or visual disability
<b>Features</b>	<ul style="list-style-type: none"> <li>• Video-based course ensures consistency</li> <li>• Instructor led, hands-on class format reinforces skills proficiency</li> <li>• Course is updated with the new science from the 2020 AHA Guidelines Update for Cardiopulmonary Resuscitation</li> <li>• Provides access to all information in the online portion for 24 months after activation of the course key</li> </ul>



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## Instructor Led HeartSaver First Aid Certification Course

This course is a classroom, video-based, instructor-led course that teaches students to respond to and manage illnesses and injuries in the first few minutes until professional help arrives. Students learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings.

<b>Curriculum Provider</b>	American Heart Association
<b>Format</b>	Instructor led video-based learning with skills verification  This certification course is instructor led with a practice-while-watching AHA video format and includes focused skills learning and assessments throughout the program. The content is based on the most current AHA science and is designed for individuals with limited or no medical training experience who need a course completion card to meet job, regulatory or other requirements.
<b>Time</b>	The classroom course can be completed in 2 hours
<b>Completion Card</b>	Heartsaver® First Aid Course Completion Card, valid for two years
<b>Features</b>	<ul style="list-style-type: none"> <li>• Video-based lessons ensure consistency</li> <li>• Instructor-Led practice format reinforces skills proficiency</li> <li>• Student Workbook comes with Heartsaver First Aid Quick Reference Guide that summarizes first aid actions for many injuries</li> <li>• Illnesses Course is updated with the new science from the <i>2020 AHA Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care</i></li> <li>• Ideal for learners who prefer group interaction and feedback from an Instructor</li> <li>• Structured learning environment</li> </ul>