

### **First Aid CPR/AED Training**

**100% classroom training means students are with an AHA Instructor for their entire learning experience.**

**Heartsaver First Aid CPR AED** is a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants.

This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills.

#### **Course Content:**

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Preventing illness and injury
- Adult CPR and AED use
- Opioid-associated life-threatening emergencies
- Child CPR and AED use
- Infant CPR
- Optional modules in child CPR and AED use and infant CPR

#### **After successfully completing this course, students should be able to:**

- List the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid
- Remove protective gloves
- Find the problem
- Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant
- Use an epinephrine pen
- Control bleeding and bandaging
- Recognize elements of common injuries
- Recognize elements of common illnesses
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers
- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult
- Describe how to perform CPR with help from others

## **INFORMATION**

- Give effective breaths using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on an adult
- Describe when and how to help a choking adult or child

**The training is including:**

- Hand-out
- Certificate and carnet with a validation of one year
- Snacks and drinks

**Total Duration:** 8 Hours (2 times 4 hours)  
**Languages:** English / Dutch  
**Location:** QESH Services, Barcadera 135 Aruba or own location  
**Total Cost:** AWG 175,-

***The First Aid CPR/AED Training is a continuing education course.***