



Colston Safety and Training, Inc.
American Heart Association First Aid / CPR / AED

Pre-requisites: This course shall have no formal pre-requisite

Course Length: 3-5 Hours Course length will vary.

Course Design:

- Lecture / Video / Visual Aids
- Demonstrations
- Practical Exercises using manikin Practice AED and PPE

Successful Course Completion:

- Students must demonstrate skills acquired throughout the course with a hands on practical session

Breaks – 5 to 15 minutes (at instructor’s discretion)

Lunch – Not Applicable

Course Outline:

Blood Borne Pathogens Overview

- Preventing Disease Transmission

Scene Safety

- Using Barriers / PPE / Protection of Self and Patient
- Preventing Disease Transmission
- Traffic awareness and environmental concerns

Activating EMS

- Call 911 or direct emergency numbers

Patient Assessment

- Responsiveness
- Airway Assessment
- Breathing Assessment
- Circulation Assessment
- Ongoing Assessment

Foreign Body Airway Obstruction

- Clearing Fluids
- Clearing Solids
- Clearing the Tongue
- Abdominal thrusts / Chest thrust

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Ventilations

- Instruction on administering proper ventilations
- Practice using face shield

Rescue Breathing

- Instruction on proper rescue breathing technique

Chest Compressions

- Instruction on proper hand placement and depth of chest compressions

CPR

- One Rescuer CPR

Control of Bleeding

- Direct pressure
- Pressure points

Managing Shock

- Proper shock management

Medical Illnesses

- Recognize signs of possible medical illness
- Patient past medical history

Head Neck & Back Injuries

- Stabilization

Fractures

- Supporting patients with fractures

Burns

- Managing burn injuries

Amputations

- Proper management of full or partial amputations

First Aid and the Law – Good Samaritan Law

- Expressed consent
- Implied consent
- Abandonment

AED (Automated External Defibrillator)

- If requested by customer

Training Center Provided Material

American Heart Association Heart Saver textbook
Manikin (Each student will practice with a sterile barrier device.)
AED