

CPR & ECC COURSE MATRIX



Course	Content	Audience	Student Materials	Instructor Materials	Course Completion Card Type	Estimated Time (Based on 6:1 Student to Instructor Ratio)
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Courses for Healthcare Professionals - Nurses, First Responders, Doctors

Courses updated to reflect the 2015 AHA Guidelines update for CPR & ECC

* Denotes update/renewal course option that requires a student have a current Course Completion Card prior to enrolling in this course

Basic Life Support (BLS) Instructor-Led Training (Includes written exam, skills testing) CME/CE Credit: No Offered in Spanish: Yes	<ul style="list-style-type: none"> Importance of high-quality CPR and its impact on survival Steps of the Chain of Survival and BLS concepts Recognition of the signs of someone needing CPR Performance of high-quality CPR for an adult, child, and infant Importance of early use and demonstrate the appropriate use of an automated external defibrillator (AED) Effective ventilation using a barrier device Importance of teams in multirescuer resuscitation Technique for relief of foreign-body airway obstruction for an adult, child, or infant 	<ul style="list-style-type: none"> Prehospital Healthcare Providers: EMTs, paramedics, fire fighters, and police officers In-facility Healthcare Providers: Providers who work in a hospital, clinic, or other healthcare facility (i.e., dentist office, skilled nursing, and assisted-living facilities) 	BLS Provider Manual (product #15-1010; includes BLS Reference Card) OR BLS Provider Manual eBook (product #15-3102; includes digital BLS Reference Card)	BLS Instructor Package (product #15-1012) OR BLS DVD Set (product #15-1011) AND BLS Instructor Manual: Print: product #15-1009 eBook: product #15-3103	BLS Provider (eCard or print available)	Approx. 4.5 hours with optional lesson plans Approx. 4 hours without optional lesson plans Approx. 2 hours and 50 minutes using renewal* course agenda
HeartCode® BLS Blended Learning (online portion, followed by hands-on session*) * Where available, hands-on session may be completed with a voice-assisted manikin. CME/CE Credit: Yes Offered in Spanish: No	<ul style="list-style-type: none"> Importance of high-quality CPR and its impact on survival Steps of the Chain of Survival and BLS concepts Recognition of the signs of someone needing CPR Performance of high-quality CPR for an adult, child, and infant Importance of early use and demonstrate the appropriate use of an automated external defibrillator (AED) Effective ventilation using a barrier device Importance of teams in multirescuer resuscitation Technique for relief of foreign-body airway obstruction for an adult, child, or infant 	<ul style="list-style-type: none"> Prehospital Hospital Providers: EMTs, paramedics, fire fighters, and police officers In-facility Hospital Providers: Providers who work in a hospital, clinic, or other healthcare facility (i.e., dentist office, skilled nursing, and assisted-living facilities) 	HeartCode BLS (product #15-1400)	BLS Instructor Package (product #15-1012) OR BLS DVD Set (product #15-1011) AND BLS Instructor Manual: Print: product #15-1009 eBook: product #15-3103	BLS Provider (eCard or print available)	Online portion: Approx. 90-100 minutes Hands-On Skills Session: Approx. 2 hours using full agenda Approx. 70 minutes using accelerated agenda
Advanced Cardiovascular Life Support (ACLS) Instructor-led Training CME/CE Credit: Yes, for EMS Students Offered in Spanish: Yes	<ul style="list-style-type: none"> BLS, Primary, and Secondary Assessments sequence for a systematic evaluation of adult patients Prompt, high-quality BLS, including prioritizing early chest compressions and integrating early automated external defibrillator (AED) use Early management of respiratory arrest, ACS, and stroke, including appropriate disposition Recognition and performance of early management of bradyarrhythmias and tachyarrhythmias that may result in cardiac arrest or complicate resuscitation outcome Recognition and performance of early management of cardiac arrest until termination of resuscitation or transfer of care, including immediate post-cardiac arrest care Effective communication as a member or leader of a high-performance team Evaluation of resuscitative efforts during a cardiac arrest through continuous assessment of CPR quality, monitoring the patient's physiologic response, and delivering real-time feedback to the team Recognition of the impact of team dynamics on overall team performance and discuss how the use of a rapid response team or medical emergency team may improve patient outcomes Systems of care 	<ul style="list-style-type: none"> Healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies Personnel in emergency response, emergency medicine, intensive care, and critical care units Physicians Nurses Paramedics 	ACLS Provider Manual (product #15-1005) OR ACLS Provider Manual eBook (product #15-3100) ACLS Pocket Reference Card Set (product #15-1007) OR ACLS Digital Pocket Reference Card Set (product #15-3109)	ACLS Instructor Package (product #15-1006) OR ACLS DVD Set (product #15-1004) AND ACLS Instructor Manual: Print: product #15-1003 eBook: product #15-3101	ACLS Provider (eCard or print available)	Approx. 15 hours and 20 minutes with breaks Approx. 12 hours and 20 minutes without breaks ACLS Update Course*: Approx. 8 hours and 25 minutes with breaks Approx. 6 hours and 35 minutes without breaks

<p>HeartCode® ACLS</p> <p>Blended Learning (online portion, followed by hands-on session*)</p> <p>* Where available, hands-on session may be completed with a voice-assisted manikin.</p> <p>CME/CE Credit: Yes</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • BLS, Primary, and Secondary Assessments sequence for a systematic evaluation of adult patients • Prompt, high-quality BLS, including prioritizing early chest compressions and integrating early automated external defibrillator (AED) use • Early management of respiratory arrest, ACS, and stroke, including appropriate disposition • Recognition and performance of early management of bradyarrhythmias and tachyarrhythmias that may result in cardiac arrest or complicate resuscitation outcome • Recognition and performance of early management of cardiac arrest until termination of resuscitation or transfer of care, including immediate post-cardiac arrest care • Effective communication as a member or leader of a high-performance team • Evaluation of resuscitative efforts during a cardiac arrest through continuous assessment of CPR quality, monitoring the patient’s physiologic response, and delivering real-time feedback to the team • Recognition of the impact of team dynamics on overall team performance and discuss how the use of a rapid response team or medical emergency team may improve patient outcomes • Systems of care 	<ul style="list-style-type: none"> • Healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies • Personnel in emergency response, emergency medicine, intensive care, and critical care units • Physicians • Nurses • Paramedics 	<p>HeartCode ACLS (product #15-1407)</p> <p>ACLS Provider Manual (product #15-1005)</p> <p>OR</p> <p>ACLS Provider Manual eBook (product #15-3100)</p> <p>ACLS Pocket Reference Card (product #15-1007)</p> <p>OR</p> <p>ACLS Digital Reference Card (product #15-3109)</p>	<p>ACLS Instructor Package (product #15-1006)</p> <p>OR</p> <p>ACLS DVD Set (product #15-1004)</p> <p>AND</p> <p>ACLS Instructor Manual Print: product #15-1003 eBook: product #15-3101</p>	<p>ACLS Provider (eCard or print available)</p>	<p>Online portion: Approx. 6.5 to 7 hours</p> <p>Hands-On Skills Session: Approx. 5 hours and 5 minutes using full agenda</p> <p>HeartCode ACLS Accelerated Agenda - Hands-On Session: Approx. 30 minutes when optional content is excluded</p> <p>Approx. 2 hours and 30 minutes when optional content is included</p>
<p>ACLS for Experienced Providers (ACLS EP)</p> <p>Instructor-led Training (Includes written exam, skills testing)</p> <p>CME/CE Credit: Yes, for EMS Students</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • Demonstrate proficiency in providing BLS care, including prioritizing chest compressions and integrating use of an AED • Recognize and manage respiratory arrest • Recognize and manage cardiac arrest until termination of resuscitation or transfer of care, including post-cardiac arrest care • Demonstrate effective communication as leader or member of a resuscitation team and recognize the • Impact of team dynamics on overall team performance • Apply the systematic approach to assessment, evaluation, and management of complex cardiovascular, respiratory, and other emergencies 	<ul style="list-style-type: none"> • Seasoned healthcare providers who • Manage complex cardiovascular, respiratory, and other emergencies • Those who are proficient in performing BLS and ACLS skills, reading and interpreting ECGs, understanding ACLS pharmacology; and who regularly lead or participate in emergency assessment and treatment of prearrest, arrest, or postarrest patients • Physicians • Paramedics • Emergency department or critical care nurses 	<p>ACLS EP Resource Text (product #15-1064)</p> <p>OR</p> <p>ACLS EP Resource Text eBook (product #15-3134)</p>	<p>ACLS EP Instructor Package (product #15-1065)</p>	<p>ACLS EP Provider (eCard or print available)</p>	<p>Approx. 8 hours with lunch and breaks</p>
<p>Pediatric Advanced Life Support (PALS)</p> <p>Instructor-Led Training (Includes written exam, skills testing)</p> <p>CME/CE Credit: Yes, for EMS Students</p> <p>Offered in Spanish: Yes</p>	<ul style="list-style-type: none"> • Includes 12 interactive hospital-based patient scenarios • Perform high-quality Child CPR AED and Infant CPR per AHA BLS recommendations • Differentiate between patients who do and do not require immediate intervention • Recognize cardiopulmonary arrest early and begin CPR within 10 seconds • Apply team dynamics • Differentiate between respiratory distress and failure • Perform early interventions for respiratory distress and failure • Differentiate between compensated and decompensated (hypotensive) shock • Perform early interventions for the treatment of shock • Differentiate between unstable and stable patients with arrhythmias • Describe clinical characteristics of instability in patients with arrhythmias • Implement post-cardiac arrest management 	<ul style="list-style-type: none"> • Healthcare providers who respond to emergencies in infants and children. • Personnel in emergency response, emergency medicine, intensive care and critical care units • Physicians • Nurses • Paramedics 	<p>PALS Provider Manual (product #15-1058)</p> <p>PALS Pocket Reference Card (product #15-1046)</p> <p>OR</p> <p>PALS Digital Reference Card (product #15-3121)</p>	<p>PALS Instructor Manual (product #15-1047)</p> <p>PALS DVD Set (product #15-1051)</p> <p>PALS Posters (product #15-1049)</p> <p>PALS Emergency Crash Cart Cards (product #15-1050)</p> <p>OR</p> <p>PALS Instructor Package (product #15-1048), includes:</p> <ul style="list-style-type: none"> • PALS Provider Manual • PALS Instructor Manual • PALS DVD Set • PALS Emergency Crash Cart Cards • PALS Posters 	<p>PALS Provider (print or eCard)</p>	<p>Full course: Approx. 13 hours and 40 minutes without breaks</p> <p>Approx. 17 hours and 15 minutes with breaks</p> <p>PALS Update Course*: Approx. 9 hours including all optional lessons and breaks</p> <p>Approx. 7 hours and 40 minutes including all optional lessons without breaks</p> <p>Approx. 6 hours and 20 minutes excluding optional</p>

<p>HeartCode® PALS</p> <p>Blended Learning (online portion, followed by hands-on session*)</p> <p>* Where available, hands-on session may be completed with a voice-assisted manikin</p> <p>CME/CE Credit: Yes</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • Includes 12 interactive hospital-based patient scenarios • Perform high-quality Child CPR AED and Infant CPR per AHA BLS recommendations • Differentiate between patients who do and do not require immediate intervention • Recognize cardiopulmonary arrest early and begin CPR within 10 seconds • Apply team dynamics • Differentiate between respiratory distress and failure • Perform early interventions for respiratory distress and failure • Differentiate between compensated and decompensated (hypotensive) shock • Perform early interventions for the treatment of shock • Differentiate between unstable and stable patients with arrhythmias • Describe clinical characteristics of instability in patients with arrhythmias • Implement post–cardiac arrest management 	<ul style="list-style-type: none"> • Healthcare providers who respond to emergencies in infants and children. • Personnel in emergency response, emergency medicine, intensive care and critical care units • Physicians • Nurses • Paramedics 	<p>HeartCode PALS (product #15-1412)</p> <p>PALS Pocket Reference Card (product #15-1046)</p> <p>OR</p> <p>PALS Digital Reference Card (product #15-3121)</p>	<p>PALS Instructor Manual (product #15-1047)</p> <p>PALS DVD Set (product #15-1051)</p> <p>PALS Posters (product #15-1049)</p> <p>PALS Emergency Crash Cart Cards (product #15-1050)</p> <p>OR</p> <p>PALS Instructor Package (product #15-1048), includes:</p> <ul style="list-style-type: none"> • PALS Provider Manual • PALS Instructor Manual • PALS DVD Set • PALS Emergency Crash Cart Cards • PALS Posters 	<p>PALS Provider (print or eCard)</p>	<p>Online portion: Approx. 6-9 hours</p> <p>Hands-On Skills Session: Approx. 2 hours and 30 minutes without optional lessons</p> <p>Approx. 5 hours with optional lessons</p>
<p>PEARS® (Pediatric Advanced Emergency Assessment, Recognition and Stabilization)</p> <p>Instructor-Led Training (Includes written exam, skills testing)</p> <p>CME/CE Credit: Yes, for EMS Students</p> <p>Offered in Spanish: Coming Soon</p>	<ul style="list-style-type: none"> • Improve outcomes for pediatric patients by preparing healthcare providers in assessment, early recognition, prompt communication, and initial intervention in patients with respiratory emergencies, shock, and cardiopulmonary arrest • Perform BLS consistent with the 2015 AHA Guidelines Update for CPR and Emergency Cardiovascular Care (ECC) • Evaluate a seriously ill or injured child by using the pediatric systematic approach • Apply effective team dynamics • Demonstrate initial stabilization of a seriously ill or injured child, including a child with cardiac arrest, respiratory distress, or shock 	<ul style="list-style-type: none"> • Healthcare providers and others who might encounter pediatric emergency situations during their work, including: • Physicians and nurses not specializing in pediatrics • Nurse practitioners • Physician assistants • Emergency medical technicians • Respiratory therapists • Prehospital and in-hospital healthcare providers (outside of critical-care areas) • Outpatient clinic staff • School-based providers 	<p>PEARS Provider Manual (product #15-1052)</p> <p>OR</p> <p>PEARS Provider Manual eBook (product #15-3123)</p> <p>PEARS Pocket Reference Card (product #15-1053)</p> <p>OR</p> <p>PEARS Digital Reference Card (product #15-3124)</p>	<p>PEARS Instructor Manual (product #15-1054)</p> <p>OR</p> <p>PEARS Instructor Manual eBook (product #15-3125)</p> <p>PEARS Course DVD (product #15-1055)</p> <p>PEARS Posters (product #15-1056)</p> <p>OR</p> <p>PEARS Instructor Package (product #15-1057), includes:</p> <ul style="list-style-type: none"> • PEARS Provider Manual • PEARS Instructor Manual • PEARS DVD Set • PEARS Posters 	<p>PEARS Provider (print or eCard)</p>	<p>Approx. 9 hours with breaks</p>
<p>Acute Stroke Online</p> <p>eLearning (Includes online exam)</p> <p>CME/CE Credit: Yes</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • 3 risk factors for stroke • 2 conditions that can be present with neurologic signs or can mimic stroke, including, but not limited to, hypoglycemia and postictal paralysis. • Difference in treatment for ischemic and hemorrhagic stroke. • 3 components of the Cincinnati Prehospital Stroke Scale. • Identification of the time frame in which an ischemic stroke patient can be treated with fibrinolytic therapy • 8 Ds of stroke care • Stroke chain of survival • Management of stroke patients through disposition • Pathophysiology of stroke 	<ul style="list-style-type: none"> • In- and out-of-hospital personnel, particularly experience healthcare providers who are involved in the care and treatment of suspected stroke victims 	<p>Acute Stroke Online (product #15-1409)</p>	<p>None</p>	<p>Certificate of Completion</p>	<p>1.5 hours</p>

Courses not yet updated to reflect the 2015 AHA Guidelines

<p>ECG & Pharmacology</p> <p>Instructor-Led Training (includes written exam)</p> <p>CME/CE Credit: No (expired 12/13/17)</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • Basic electrophysiology and Arrhythmias • Normal ECG measurements • Administration of appropriate drugs within the ACLS algorithms • Modules on ECG and Pharmacology 	<ul style="list-style-type: none"> • Healthcare professionals who participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. • Personnel in emergency response, emergency medicine, intensive care and critical care units • Physicians • Nurses • Paramedics 	<p>ECG & Pharmacology Student Workbook (90-1069)</p>	<p>ECG & Pharmacology Instructor CD (90-1068)</p>	<p>Certificate of Completion</p>	<p>Approx. 6.25 hours</p>
<p>Airway Management</p> <p>Instructor or Facilitator-Led (with skills testing)</p> <p>CME/CE Credit: No (expired 11/13/17)</p> <p>Offered in Spanish: No</p>	<p>Bag-mask ventilation and airway adjuncts</p> <p>Optional:</p> <ul style="list-style-type: none"> • Laryngeal mask airway • Esophagealtracheal tube • Endotracheal tube • Impedance threshold devise 	<ul style="list-style-type: none"> • Healthcare providers whose occupation or volunteer activities require airway management skills • Professionals in the field of resuscitation and airway management 	<p>Airway Management Student Guide (80- 1464)</p>	<p>Airway Management Facilitator Manual (80-1465); Airway Management DVD (80-1455)</p>	<p>Certificate of Completion</p>	<p>5 hours (includes optional modules)</p>

Courses for General Public – Construction Workers, Childcare Workers, Health and Fitness club staff

Courses updated to reflect the 2015 AHA Guidelines update for CPR & ECC

<p>Heartsaver® First Aid CPR AED</p> <p>Instructor-Led Training (Includes skills testing and completion of a written exam if required by employer)</p> <p>CME/CE Credit: No</p> <p>Offered in Spanish: Coming Soon</p>	<ul style="list-style-type: none"> • Priorities, roles, and responsibilities of first aid resources • Key steps in first aid • Assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke • Epinephrine pen use • Controlling bleeding and bandaging • Recognition of common injuries and illnesses • Prevention of illness and injury • Recognition of the legal questions that apply to first aid rescuers • How high-quality CPR improves survival and explain the concepts of the Chain of Survival • Recognition of when someone needs CPR • High-quality CPR for an adult, child, and infant* • Performance as a team member during multi-rescuer CPR • Effective breaths using mouth-to-mouth or a mask for all age groups • How to use and AED on an adult and a child* • How to use an AED on an infant* • When and how to help a choking adult, child, and infant* <p>*Child and infant modules are optional</p>	<ul style="list-style-type: none"> • Anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. • Anyone who wants to be prepared for an emergency in any setting. • US Coast Guard training. 	<p>Heartsaver First Aid CPR AED Student Workbook (product #15-1018)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Student eBook (product #15-3117)</p> <p>Heartsaver First Aid Quick Reference Guide (product #15-1022)</p> <p>OR</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product #15-3118)</p>	<p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p> <p>Heartsaver First Aid CPR AED Instructor Manual (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p>	<p>Heartsaver First Aid CPR AED (eCard or print available)</p>	<p>Approx. 7 hours (including optional lessons and breaks)</p>
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<p>Heartsaver® First Aid CPR AED Online</p> <p>Blended Learning (online portion, followed by hands-on session; includes completion of a written exam if required by employer)</p> <p>CME/CE Credit: Yes</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • First aid basics • Medical emergencies • Injury emergencies • Environmental emergencies • Adult CPR AED (with a mask) • Adult choking • Optional modules: <ul style="list-style-type: none"> o Child CPR AED o Child Choking o Infant CPR o Infant choking 	<ul style="list-style-type: none"> • Anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. • Anyone who wants to be prepared for an emergency in any setting. 	<p>Heartsaver First Aid CPR AED Online (product #15-1403)</p> <p>Heartsaver First Aid CPR AED Student Workbook (product #15-1018)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Student eBook (product #15-3117)</p> <p>Heartsaver First Aid Quick Reference Guide (product #15-1022)</p> <p>OR</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product #15-3118)</p>	<p>Heartsaver First Aid CPR AED Instructor Manual (product #15-1023)</p> <p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p>	<p>Heartsaver First Aid CPR AED (print or eCard)</p>	<p>Online portion: 4 hrs; Hands-On Skills Session: 2.5 hrs</p>
<p>Heartsaver® CPR AED Instructor-Led Training (Includes skills testing and completion of a written exam if required by employer)</p> <p>CME/CE Credit: No</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • How high-quality CPR improves survival and explain the concepts of the Chain of Survival • Recognition for when someone needs CPR • High-quality CPR for an adult, child, and infant* • How to perform CPR with help from others • Effective breaths by using mouth-to-mouth or a mask for all age groups • How to use an AED on an adult and a child* • When and how to help a choking adult, child, or infant* <p>*Child and infant modules are optional</p>	<ul style="list-style-type: none"> • Anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. • Anyone who wants to be prepared for an emergency in any setting. 	<p>Heartsaver CPR AED Student Workbook (product #15-1020)</p> <p>OR</p> <p>Heartsaver CPR AED Student eBook (product #15-3116)</p>	<p>Heartsaver First Aid CPR AED Instructor Manual (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p> <p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p>	<p>Heartsaver CPR AED (eCard or print available)</p>	<p>Approx. 4.5 hours (including optional lessons and breaks)</p>
<p>Heartsaver® CPR AED Online</p> <p>Blended Learning (online portion, followed by hands-on session; includes completion of a written exam if required by employer)</p> <p>CME/CE Credit: Yes</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • How high-quality CPR improves survival • Chain of Survival • Recognition of someone needs CPR • High-quality CPR for an adult • How to perform CPR with help from others • Effective breaths by using mouth-to-mouth or a mask for all age groups • How to use an AED on an adult • High-quality CPR for a child* • How to use an AED on a child* • High-quality CPR for an infant* • When and how to help a choking adult or child • How to help a choking infant* <p>*Child and infant modules are optional.</p>	<ul style="list-style-type: none"> • Anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. • Anyone who wants to be prepared for an emergency in any setting. 	<p>Heartsaver CPR AED Online (product #15-1401)</p> <p>AND</p> <p>Heartsaver CPR AED Student Workbook with Heartsaver Adult and Child/Infant Reminder Cards (product #15-1020)</p> <p>Heartsaver CPR AED Student eBook (product #15-3116)</p>	<p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p> <p>Heartsaver First Aid CPR AED Instructor Manual with Lesson Plans and Instructor CD (product #15-1023)</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p>	<p>Heartsaver CPR AED (eCard or print available)</p>	<p>Online portion: 1.75 hours; Hands-On Skills Session: 45-90 minutes</p>
<p>Heartsaver® First Aid Instructor-Led Training (Includes skills testing and completion of a written exam if required by employer)</p> <p>CME/CE Credit: No</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • Priorities, roles, and responsibilities of first aid resources • Key steps in first aid • Assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke • Epinephrine pen use • Control of bleeding and bandaging • Recognition of common injuries and illnesses • How to find information on preventing illness and injury • Recognition of the legal questions that apply to first aid resources 	<ul style="list-style-type: none"> • Anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. • Anyone who wants to be prepared for an emergency in any setting. • US Coast Guard training. 	<p>Heartsaver First Aid Student Workbook (product #15-1021)</p> <p>OR</p> <p>Heartsaver First Aid Student eBook (product #15-3115)</p> <p>Heartsaver First Aid Quick Reference Guide (product #15-1022)</p> <p>OR</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product #15-3118)</p>	<p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p> <p>Heartsaver First Aid CPR AED Instructor Manual (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p>	<p>Heartsaver First Aid (eCard or print available)</p>	<p>Approx. 3 hours (including optional lessons and breaks)</p>

<p>Heartsaver® First Aid Online Blended Learning (online portion, followed by hands-on session; includes completion of a written exam if required by employer)</p> <p>CME/CE Credit: Yes</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • Priorities, roles, and responsibilities of the first aid rescuer • Key steps in first aid • Assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke • Epinephrine pen use • Control of bleeding and bandaging • Recognition of elements of common injuries and common illnesses • How to find information on preventing illness and injury • Recognition of the legal questions that apply to first aid rescuers 	<ul style="list-style-type: none"> • Anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. • Anyone who wants to be prepared for an emergency in any setting. 	<p>Heartsaver First Aid Online (product #15-1402)</p> <p>Heartsaver First Aid Student Workbook (product #15-1021) with: - Heartsaver First Aid Quick Reference Guide*</p> <p>Heartsaver First Aid Student eBook (product #15-3115)</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product #15-3118)</p> <p>*15-1022 Heartsaver First Aid Quick Reference Guide also sold separately</p>	<p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p> <p>Heartsaver First Aid CPR AED Instructor Manual with Lesson Plans and Instructor CD* (product #15-1023)</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p>	<p>Heartsaver First Aid</p> <p>(eCard or print available)</p>	<p>Online portion: 3.5 hours</p> <p>Hands-On Skills Session: 30 minutes</p>
<p>Heartsaver® Pediatric First Aid CPR AED Instructor-Led Training</p> <p>(Includes skills testing and completion of a written exam if required by employer)</p> <p>CME/CE Credit: No</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • Priorities, roles, and responsibilities of a rescuer providing first aid to a child or infant • 4 key steps in first aid for children and infants: prevent, protect, assess, and act • Assessment and first aid actions for the following life-threatening conditions: difficulty breathing, choking, severe bleeding, and shock • Control bleeding and bandaging • Epinephrine pen use • Recognition of common injuries and common illnesses • Prevention of illness and injury • Recognition of the legal questions that apply to pediatric first aid rescuers • How high-quality CPR improves survival • Chain of Survival • Recognition of when someone needs CPR • High-quality CPR for an adult, a child, and an infant • How to perform CPR with help from others • Effective breaths by using mouth-to-mouth or a mask for all age groups • How to use an AED on an adult and child • <u>When and how to help a choking adult or child</u> 	<ul style="list-style-type: none"> • Anyone involved in childcare who have a duty to respond to illnesses and injuries in a child or infant in the first few minutes until professional help arrives. • Child care workers • Teachers • Foster care workers • Camp counselors, youth organizations, and coaches for children's sports organizations. • Parents, grandparents, babysitters, and guardians. 	<p>Heartsaver Pediatric First Aid CPR AED Student Workbook (product #15-1038)</p> <p>Includes: Heartsaver Pediatric First Aid CPR AED Quick Reference Guide (product #15-1040)</p> <p>Adult CPR & AED Reminder Card</p> <p>Child & Infant CPR & AED Reminder Card</p>	<p>Heartsaver Pediatric First Aid CPR AED Instructor Manual (product #15-1039)</p> <p>Heartsaver Pediatric First Aid CPR AED DVD set (product #15-1041)</p>	<p>Heartsaver Pediatric First Aid CPR AED</p>	<p>7-9 hours</p>
<p>Heartsaver® Pediatric First Aid CPR AED Online</p> <p>Blended Learning (online portion, followed by hands-on session; includes completion of a written exam if required by employer)</p> <p>CME/CE Credit: Yes</p> <p>Offered in Spanish: No</p>	<ul style="list-style-type: none"> • Priorities, roles, and responsibilities of a rescuer providing first aid to a child or infant • 4 key steps in first aid for children and infants: prevent, protect, assess, and act • Assessment and first aid actions for the following life-threatening conditions: difficulty breathing, choking, severe bleeding, and shock • Control bleeding and bandaging • Epinephrine pen use • Recognition of common injuries and common illnesses • Prevention of illness and injury • Recognition of the legal questions that apply to pediatric first aid rescuers • How high-quality CPR improves survival • Chain of Survival • Recognition of when someone needs CPR • High-quality CPR for an adult, a child, and an infant • How to perform CPR with help from others • Effective breaths by using mouth-to-mouth or a mask for all age groups • How to use an AED on an adult and child • <u>When and how to help a choking adult or child</u> 	<ul style="list-style-type: none"> • Anyone involved in childcare who have a duty to respond to illnesses and injuries in a child or infant in the first few minutes until professional help arrives. • Child care workers • Teachers • Foster care workers • Camp counselors, youth organizations, and coaches for children's sports organizations. • Parents, grandparents, babysitters, and guardians. 	<p>Heartsaver Pediatric First Aid CPR AED Online (product #15-1404)</p>	<p>Heartsaver Pediatric First Aid CPR AED Instructor Manual (product #15-1039)</p>	<p>Heartsaver Pediatric First Aid CPR AED (print or eCard)</p>	<p>Online portion: 2.5 hrs; Hands-On Skills Session: 2.5 hrs</p>

Heartsaver® Bloodborne Pathogens Instructor-Led Training (Includes skills testing and completion of a written exam if required by employer) CME/CE Credit: No Offered in Spanish: Yes	This course uses the PACT acronym (Protect, Act, Clean, Tell) and tagline, “Make a PACT, Know How to Act™,” to help students learn and easily recall bloodborne pathogens training. Students learn how to: <ul style="list-style-type: none"> • Protect themselves from blood or blood-containing materials. • Act quickly and safely. • Clean the area that has blood or blood-containing materials. • Tell their supervisor about the incident. 	<ul style="list-style-type: none"> • Anyone with a reasonable chance of coming into contact with bloodborne pathogens • Correctional officers • Childcare workers • Security guards • Maintenance workers • School personnel • Hotel housekeepers • Health and fitness club staff • Tattoo artists 	Heartsaver Bloodborne Pathogens Student Workbook (product #15-1035) Heartsaver Bloodborne Pathogens Student eBook (product #15-3111)	Heartsaver Bloodborne Pathogens Facilitator Package, (product #15-1036) includes: Facilitator Guide Heartsaver BBP English/Spanish Course DVD 1 Heartsaver Bloodborne Pathogens poster	Tear-out course participation card is included on the back cover of the Heartsaver Bloodborne Pathogens Student Workbook	1 hour
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Heartsaver® Bloodborne Pathogens Online eLearning CME/CE Credit: Yes Offered in Spanish: No	<ul style="list-style-type: none"> • Protection from exposure to bloodborne pathogens • Action when exposed to blood or blood-containing materials in the workplace • Cleaning of the body and the area when exposed to blood or blood-containing materials in the workplace • Reporting any exposure to blood or blood-containing materials in the workplace 	<ul style="list-style-type: none"> • Anyone with a reasonable chance of coming into contact with bloodborne pathogens • Correctional officers • Childcare workers • Security guards • Maintenance workers • School personnel • Hotel housekeepers • Health and fitness club staff • Tattoo artists 	Heartsaver Bloodborne Pathogens Online (product #15-1405)		Certificate of Completion, if required	1 hour
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Courses and Programs for the General Community – Community Groups, New Parents, Babysitters

Family & Friends® CPR Classroom-based CME/CE Credit: No Offered in Spanish: Yes	<ul style="list-style-type: none"> • Adult Hands-Only CPR and AED • Adult CPR With Breaths (Optional) • Mild and Severe Airway Block: How to Help a Choking Adult (Optional) • Child CPR and AED (Optional) • Mild and Severe Airway Block: How to Help a Choking Child (Optional) • Infant CPR (Optional) • Mild and Severe Airway Block: How to Help a Choking Infant (Optional) 	<ul style="list-style-type: none"> • Anyone who wants to learn CPR and prefer to learn in an instructor-led or facilitated group environment. • This course is for people who do not need a course completion card for a job or other requirements. • Community groups • Parents • Grandparents • Caregivers, schools and students • Others interested in learning how to save a life. 	Family & Friends CPR Student Manual (product #15-1016)	Family & Friends CPR DVD with Facilitator Guide (product #15-1017)	Tear-out participation card included in student manual	Adult Hands-Only CPR/AED/ Choking: 25 minutes Child CPR/AED/ Choking: 35 minutes Infant CPR/ Choking: 30 minutes
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Products not yet updated to reflect the 2015 AHA Guidelines

Family & Friends® CPR Anytime® Self-directed learning through personal kit CME/CE Credit: No Offered in Spanish: Yes	<ul style="list-style-type: none"> • Adult Hands-Only CPR • Child CPR (including breaths) • Adult and child choking relief • Use of an AED 	<ul style="list-style-type: none"> • General public, specifically anyone who wants to learn basic CPR skills, choking relief and AED awareness, and does not need a course completion card 	Family & Friends CPR Anytime Kit: Light Skin (90-1003); Brown Skin (90-1004)	None	None	20 minutes
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<p>Infant CPR Anytime®</p> <p>Self-directed learning through personal kit</p> <p>CME/CE Credit: No</p> <p>Offered in Spanish: Yes</p>	<ul style="list-style-type: none"> • Infant CPR • Relief of choking in an infant • Calling for help 	<ul style="list-style-type: none"> • New parents • Grandparents • Family members • Anyone who wants to learn lifesaving infant CPR and choking skills but does not need a course completion card • This kit also is used in hospital NICU and PICU programs to teach skills to new parents, while allowing nursing staff to focus on patient care 	<p>Infant CPR Anytime Kit: Light Skin (90-1001); Brown Skin (90-1002)</p>	<p>None</p>	<p>None</p>	<p>20 minutes</p>
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<p>CPR in Schools Training Kit™</p> <p>Facilitated learning in school settings</p> <p>CME/CE Credit: No</p> <p>Offered in Spanish: Yes</p>	<ul style="list-style-type: none"> • Adult Hands-Only CPR • Child CPR (including breaths) • Adult and child choking relief • Use of an AED 	<ul style="list-style-type: none"> • Educators, school nurses or student leaders to train groups of 10 students at once in a school setting. • The kit can also be used to train school faculty, staff, parents, volunteers and community members to extend the lifesaving skills into the community. 	<p>CPR in Schools Training Kit</p>	<p>CPR in Schools Training Kit</p>	<p>None</p>	<p>Less than 30 minutes</p>
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