***Standard First Aid, CPR, and AED, Eighth Edition***

Course Outlines

# Core Course (4 hours)

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| **Course: Core Adult and Child First Aid, CPR, and AED****Approximate Time: 4 hours** |
| **Topic/Chapter** | **Subtopics** | **Videos** | **Skill Checkoff Sheets** | **Length** |
| Chapter 0: Course Introduction | * Welcome
* Getting Acquainted Activities
 | None | None | 15 min |
| Chapter 1: Your Role as a First Aid Provider | * Understanding Injuries and Illnesses
* The Importance of First Aid
* Deciding to Help
* Communicating Calmly
* Providing Competent Care
 | None | None | 15 min |
| Chapter 2: Actions to Take Before Helping | * Introduction
* Scene Size-Up
* Seeking Professional Medical Care
* Legal Aspects of First Aid
* Preventing Disease Transmission
 | * Skill: Removing Gloves
 | * 2-1: Removing Gloves
 | 20 min |
| Chapter 3: Checking an Injured or Ill Person | * Checking and Injured or Ill Person
* Checking a Person Appearing to be Unresponsive
* Checking a Responsive Person
* Interviewing an Injured or Ill Person
* Physical Exam (Head-to-Toe Check)
 | None | * 3-1: Placing an Unresponsive Breathing Person in the Recovery Position
* 3-2: Checking a Person Appearing to Be Unresponsive
* 3-3: Checking a Responsive Person
* 3-4: Interviewing an Injured or Ill Person
 | 20 min |
| Chapter 4: Injury Emergencies | * Bleeding Control
* Dressings and Bandages
* Manufactured Tourniquet
* Improvised Tourniquet
* Impaled (Embedded) Object
* Amputations and Avulsions
* Head Injuries
* Spinal Injuries
* Burns
* Shock
 | * Lecture: Burns
* Lecture: Head and Spinal Injuries
* Lecture: Bleeding and Wounds
* Skill: Bleeding Control With Dressings and Bandages
* Skill: Tourniquet Application
 | * 4-1: Bleeding Control
* 4-2: Massive Bleeding Control: Applying a Manufactured Tourniquet
* 4-3: Massive Bleeding Control: Applying an Improvised Tourniquet
 | 45 min |
| Chapter 5: Sudden Illnesses | * Asthma
* Severe Allergic Reactions (Anaphylaxis)
* Heart Attack
* Stroke
* Seizures
* Diabetic Emergencies
 | * Lecture: Sudden Illnesses
* Lecture: Shock and Anaphylaxis
* Lecture: Cardiovascular Emergencies

Skill: Using an Epinephrine Auto-Injector  | * 5-1: Using an Inhaler Without a Spacer
* 5-2: Using an Inhaler With a Spacer
* 5-3: Using an Epinephrine Autoinjector
 | 25 min |
| Chapter 6: Environmental Emergencies | * Heat-Related Emergencies
* Poisoning
* Drug Emergencies
* Opioids
 | * Lecture: Heat-Related Emergencies
* Lecture: Poisoning
 | None | 15 min |
| Chapter 7: CPR and AED | * Heart Attack and Cardiac Arrest
* Cardiopulmonary Resuscitation (CPR)
* Adult and Child
* Compression-Only CPR
* Airway Obstruction
* Adult and Child
* Infant
* Automated External Defibrillation (AED)
* Review
 | * Lecture: AED Maintenance
* Skill: Adult and Child CPR and AED
* Skill: Chest Compressions
* Skill: Back Blows
* Skill: Abdominal Thrusts
* Skill: Infant Choking
 | * 7-1A: Adult CPR
* 7-1B: Child CPR
* 7-3: Adult or Child Choking: Back Blows
* 7-4: Adult or Child Choking: Abdominal Thrusts
* 7-5: Infant Choking
* 7-6: Using an AED
 | 1 hr |
| Final written exams (optional) |  | None | None | 15 min |
| Wrap Up | * Group Review
* Issue Course Completion Cards
 | None | None | 10 min |

# Core Course + Infant CPR (5 hours)

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| **Course: Core + Infant CPR****Approximate Time: 5 hours** |
| **Topic/Chapter** | **Subtopics** | **Videos** | **Skill Checkoff Sheets** | **Length** |
| Chapter 0: Course Introduction | * Welcome
* Getting Acquainted Activities
 | None | None | 15 min |
| Chapter 1: Your Role as a First Aid Provider | * Understanding Injuries and Illnesses
* The Importance of First Aid
* Deciding to Help
* Communicating Calmly
* Providing Competent Care
 | None | None | 15 min |
| Chapter 2: Actions to Take Before Helping | * Introduction
* Scene Size-Up
* Seeking Professional Medical Care
* Legal Aspects of First Aid
* Preventing Disease Transmission
 | * Skill: Removing Gloves
 | * 2-1: Removing Gloves
 | 20 min |
| Chapter 3: Checking an Injured or Ill Person | * Checking and Injured or Ill Person
* Checking a Person Appearing to be Unresponsive
* Checking a Responsive Person
* Interviewing an Injured or Ill Person
* Physical Exam (Head-to-Toe Check)
 | None | * 3-1: Placing an Unresponsive Breathing Person in the Recovery Position
* 3-2: Checking a Person Appearing to Be Unresponsive
* 3-3: Checking a Responsive Person
* 3-4: Interviewing an Injured or Ill Person
 | 20 min |
| Chapter 4: Injury Emergencies | * Bleeding Control
* Dressings and Bandages
* Manufactured Tourniquet
* Improvised Tourniquet
* Impaled (Embedded) Object
* Amputations and Avulsions
* Head Injuries
* Spinal Injuries
* Burns
* Shock
 | * Lecture: Burns
* Lecture: Head and Spinal Injuries
* Lecture: Bleeding and Wounds
* Skill: Bleeding Control With Dressings and Bandages
* Skill: Tourniquet Application
 | * 4-1: Bleeding Control
* 4-2: Massive Bleeding Control: Applying a Manufactured Tourniquet
* 4-3: Massive Bleeding Control: Applying an Improvised Tourniquet
 | 45 min |
| Chapter 5: Sudden Illnesses | * Asthma
* Severe Allergic Reactions (Anaphylaxis)
* Heart Attack
* Stroke
* Seizures
* Diabetic Emergencies
 | * Lecture: Sudden Illnesses
* Lecture: Shock and Anaphylaxis
* Lecture: Cardiovascular Emergencies
* Skill: Using an Epinephrine Auto-Injector
 | * 5-1: Using an Inhaler Without a Spacer
* 5-2: Using an Inhaler With a Spacer
* 5-3: Using an Epinephrine Autoinjector
 | 25 min |
| Chapter 6: Environmental Emergencies | * Heat-Related Emergencies
* Poisoning
* Drug Emergencies
* Opioids
 | * Lecture: Heat-Related Emergencies
* Lecture: Poisoning
 | None | 15 min |
| Chapter 7: CPR and AED | * Heart Attack and Cardiac Arrest
* Cardiopulmonary Resuscitation (CPR)
* Adult and Child
* Infant
* Compression-Only CPR
* Airway Obstruction
* Adult and Child
* Infant
* Automated External Defibrillation (AED)
* Review
 | * Lecture: AED Maintenance
* Skill: Adult and Child CPR and AED
* Skill: Infant CPR
* Skill: Chest Compressions
* Skill: Back Blows
* Skill: Abdominal Thrusts
* Skill: Infant Choking
 | * 7-1A: Adult CPR
* 7-1B: Child CPR
* 7-2: Infant CPR
* 7-3: Adult or Child Choking: Back Blows
* 7-4: Adult or Child Choking: Abdominal Thrusts
* 7-5: Infant Choking
* 7-6: Using an AED
 | 2 hr |
| Final written exams (optional) |  | None | None | 15 min |
| Wrap Up | * Group Review
* Issue Course Completion Cards
 | None | None | 10 min |

# Intermediate Course (6 hours)

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| **Course: Intermediate Standard First Aid, CPR, and AED****Approximate Time: 6 hours** |
| **Topic/Chapter** | **Subtopics** | **Videos** | **Skill Checkoff Sheets** | **Length** |
| Chapter 0: Course Introduction | * Welcome
* Getting Acquainted Activities
 | None | None | 15 min |
| Chapter 1: Your Role as a First Aid Provider | * Understanding Injuries and Illnesses
* The Importance of First Aid
* Deciding to Help
* Communicating Calmly
* Providing Competent Care
 | None | None | 15 min |
| Chapter 2: Actions to Take Before Helping | * Introduction
* Scene Size-Up
* Seeking Professional Medical Care
* Legal Aspects of First Aid
* Preventing Disease Transmission
 | * Skill: Removing Gloves
 | * 2-1: Removing Gloves
 | 20 min |
| Chapter 3: Checking an Injured or Ill Person | * Checking and Injured or Ill Person
* Checking a Person Appearing to be Unresponsive
* Checking a Responsive Person
* Interviewing an Injured or Ill Person
* Physical Exam (Head-to-Toe Check)
 | None | * 3-1: Placing an Unresponsive Breathing Person in the Recovery Position
* 3-2: Checking a Person Appearing to Be Unresponsive
* 3-3: Checking a Responsive Person
* 3-4: Interviewing an Injured or Ill Person
 | 20 min |
| Chapter 4: Injury Emergencies | * Bleeding Control
* Dressings and Bandages
* Manufactured Tourniquet
* Improvised Tourniquet
* Wound Care
* Nose Injuries
* Tooth Injuries
* Eye Injuries
* Ear Injuries
* Impaled (Embedded) Object
* Amputations and Avulsions
* Head Injuries
* Spinal Injuries
* Chest Injuries
* Abdominal Injuries
* Bone, Joint, and Muscle Injuries
* Burns
* Shock
 | * Lecture: Burns
* Lecture: Head and Spinal Injuries
* Lecture: Shock and Anaphylaxis
* Lecture: Bleeding and Wounds
* Skill: Bleeding Control With Dressings and Bandages
* Skill: Tourniquet Application
 | * 4-1: Bleeding Control
* 4-2: Massive Bleeding Control: Applying a Manufactured Tourniquet
* 4-3: Massive Bleeding Control: Applying an Improvised Tourniquet
* 4-4: Applying a Roller Bandage on a Forearm (Spiral Method)
* 4-5: RICE Procedure for Bone, Joint, and Muscle Injuries
* 4-6: Applying an Arm Sling
 | 1.5 hr |
| Chapter 5: Sudden Illnesses | * Asthma
* Severe Allergic Reactions (Anaphylaxis)
* Heart Attack
* Stroke
* Fainting
* Seizures
* Diabetic Emergencies
 | * Lecture: Sudden Illnesses
* Lecture: Shock and Anaphylaxis
* Lecture: Cardiovascular Emergencies
* Skill: Using an Epinephrine Auto-Injector
 | * 5-1: Using an Inhaler Without a Spacer
* 5-2: Using an Inhaler With a Spacer
* 5-3: Using an Epinephrine Autoinjector
 | 40 min |
| Chapter 6: Environmental Emergencies | * Heat-Related Emergencies
* Cold-Related Emergencies
* Poisoning
* Drug Emergencies
* Opioids
* Nonopioids
 | * Lecture: Heat-Related Emergencies
* Lecture: Poisoning
 | None | 20 min |
| Chapter 7: CPR and AED | * Heart Attack and Cardiac Arrest
* Cardiopulmonary Resuscitation (CPR)
* Adult and Child
* Infant
* Compression-Only CPR
* Airway Obstruction
* Adult and Child
* Infant
* Automated External Defibrillation (AED)
* Review
 | * Lecture: AED Maintenance
* Skill: Adult and Child CPR and AED
* Skill: Infant CPR
* Skill: Chest Compressions
* Skill: Back Blows
* Skill: Abdominal Thrusts
* Skill: Infant Choking
 | * 7-1A: Adult CPR
* 7-1B: Child CPR
* 7-2: Infant CPR
* 7-3: Adult or Child Choking: Back Blows
* 7-4: Adult or Child Choking: Abdominal Thrusts
* 7-5: Infant Choking
* 7-6: Using an AED
 | 2 hr |
| Appendix A: First Aid Supplies | * First Aid Kit Supplies
* Workplace First Aid Kit Supplies
 | None | None | 5 min |
| Final written exams (optional) |  | None | None | 15 min |
| Wrap Up | * Group Review
* Issue Course Completion Cards
 | None | None | 10 min |

# Comprehensive Course (8 hours)

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| **Course: Comprehensive Standard First Aid, CPR, and AED (Complete Course)****Approximate Time: 8 hours** |
| **Topic/Chapter** | **Subtopics** | **Videos** | **Skill Checkoff Sheets** | **Length** |
| Chapter 0: Course Introduction | * Welcome
* Getting Acquainted Activities
 | None | None | 15 min |
| Chapter 1: Your Role as a First Aid Provider | * Understanding Injuries and Illnesses
* The Importance of First Aid
* Deciding to Help
* Communicating Calmly
* Providing Competent Care
 | None | None | 15 min |
| Chapter 2: Actions to Take Before Helping | * Introduction
* Scene Size-Up
* Seeking Professional Medical Care
* Legal Aspects of First Aid
* Preventing Disease Transmission
 | * Skill: Removing Gloves
 | * 2-1: Removing Gloves
 | 20 min |
| Chapter 3: Checking an Injured or Ill Person | * Checking and Injured or Ill Person
* Checking a Person Appearing to be Unresponsive
* Checking a Responsive Person
* Interviewing an Injured or Ill Person
* Physical Exam (Head-to-Toe Check)
 | None | * 3-1: Placing an Unresponsive Breathing Person in the Recovery Position
* 3-2: Checking a Person Appearing to Be Unresponsive
* 3-3: Checking a Responsive Person
* 3-4: Interviewing an Injured or Ill Person
 | 30 min |
| Chapter 4: Injury Emergencies | * Bleeding Control
* Dressings and Bandages
* Manufactured Tourniquet
* Improvised Tourniquet
* Wound Care
* Blisters
* Nose Injuries
* Tooth Injuries
* Eye Injuries
* Ear Injuries
* Impaled (Embedded) Object
* Amputations and Avulsions
* Head Injuries
* Spinal Injuries
* Chest Injuries
* Abdominal Injuries
* Bone, Joint, and Muscle Injuries
* Burns
* Shock
 | * Lecture: Burns
* Lecture: Head and Spinal Injuries
* Lecture: Shock and Anaphylaxis
* Lecture: Bleeding and Wounds
* Skill: Bleeding Control With Dressings and Bandages
* Skill: Tourniquet Application
 | * 4-1: Bleeding Control
* 4-2: Massive Bleeding Control: Applying a Manufactured Tourniquet
* 4-3: Massive Bleeding Control: Applying an Improvised Tourniquet
* 4-4: Applying a Roller Bandage on a Forearm (Spiral Method)
* 4-5: RICE Procedure for Bone, Joint, and Muscle Injuries
* 4-6: Applying an Arm Sling
 | 1.5 hr |
| Chapter 5: Sudden Illnesses | * Asthma
* Severe Allergic Reactions (Anaphylaxis)
* Heart Attack
* Stroke
* Fainting
* Seizures
* Diabetic Emergencies
* Pregnancy Complications
 | * Lecture: Sudden Illnesses
* Lecture: Shock and Anaphylaxis
* Lecture: Cardiovascular Emergencies
* Skill: Using an Epinephrine Auto-Injector
 | * 5-1: Using an Inhaler Without a Spacer
* 5-2: Using an Inhaler With a Spacer
* 5-3: Using an Epinephrine Autoinjector
 | 1 hr |
| Chapter 6: Environmental Emergencies | * Heat-Related Emergencies
* Cold-Related Emergencies
* Poisoning
* Drug Emergencies
* Opioids
* Nonopioids
* Poison Ivy, Poison Oak, and Poison Sumac Reactions
* Animal Bites
* Snake and Other Reptile Bites
* Arthropod Bites and Stings
* Marine Animal Injuries
 | * Lecture: Heat-Related Emergencies
* Lecture: Poisoning
 | None | 1 hr |
| Chapter 7: CPR and AED | * Heart Attack and Cardiac Arrest
* Cardiopulmonary Resuscitation (CPR)
* Adult and Child
* Infant
* Compression-Only CPR
* Airway Obstruction
* Adult and Child
* Infant
* Automated External Defibrillation (AED)
* Review
 | * Lecture: AED Maintenance
* Skill: Adult and Child CPR and AED
* Skill: Infant CPR
* Skill: Chest Compressions
* Skill: Back Blows
* Skill: Abdominal Thrusts
* Skill: Infant Choking
 | * 7-1A: Adult CPR
* 7-1B: Child CPR
* 7-2: Infant CPR
* 7-3: Adult or Child Choking: Back Blows
* 7-4: Adult or Child Choking: Abdominal Thrusts
* 7-5: Infant Choking
* 7-6: Using an AED
 | 2.5 hr |
| Appendix A: First Aid Supplies | * First Aid Kit Supplies
* Workplace First Aid Kit Supplies
 | None | None | 5 min |
| Appendix B: Emergency Rescues, Moves, and Priorities | * Emergency Rescues
* Emergency Moves
* Prioritizing Multiple Injured People
 | None | None | 10 min |
| Final written exams (optional) |  | None | None | 15 min |
| Wrap Up | * Group Review
* Issue Course Completion Cards
 | None | None | 10 min |

# First Aid Only Course (5 hours)

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| **Course: First Aid Only****Approximate Time: 5 hours** |
| **Topic/Chapter** | **Subtopics** | **Videos** | **Skill Checkoff Sheets** | **Length** |
| Chapter 0: Course Introduction | * Welcome
* Getting Acquainted Activities
 | None | None | 15 min |
| Chapter 1: Your Role as a First Aid Provider | * Understanding Injuries and Illnesses
* The Importance of First Aid
* Deciding to Help
* Communicating Calmly
* Providing Competent Care
 | None | None | 15 min |
| Chapter 2: Actions to Take Before Helping | * Introduction
* Scene Size-Up
* Seeking Professional Medical Care
* Legal Aspects of First Aid
* Preventing Disease Transmission
 | * Skill: Removing Gloves
 | * 2-1: Removing Gloves
 | 20 min |
| Chapter 3: Checking an Injured or Ill Person | * Checking and Injured or Ill Person
* Checking a Person Appearing to be Unresponsive
* Checking a Responsive Person
* Interviewing an Injured or Ill Person
* Physical Exam (Head-to-Toe Check)
 | None | * 3-1: Placing an Unresponsive Breathing Person in the Recovery Position
* 3-2: Checking a Person Appearing to Be Unresponsive
* 3-3: Checking a Responsive Person
* 3-4: Interviewing an Injured or Ill Person
 | 30 min |
| Chapter 4: Injury Emergencies | * Bleeding Control
* Dressings and Bandages
* Manufactured Tourniquet
* Improvised Tourniquet
* Wound Care
* Blisters
* Nose Injuries
* Tooth Injuries
* Eye Injuries
* Ear Injuries
* Impaled (Embedded) Object
* Amputations and Avulsions
* Head Injuries
* Spinal Injuries
* Chest Injuries
* Abdominal Injuries
* Bone, Joint, and Muscle Injuries
* Burns
* Shock
 | * Lecture: Burns
* Lecture: Head and Spinal Injuries
* Lecture: Shock and Anaphylaxis
* Lecture: Bleeding and Wounds
* Skill: Bleeding Control With Dressings and Bandages
* Skill: Tourniquet Application
 | * 4-1: Bleeding Control
* 4-2: Massive Bleeding Control: Applying a Manufactured Tourniquet
* 4-3: Massive Bleeding Control: Applying an Improvised Tourniquet
* 4-4: Applying a Roller Bandage on a Forearm (Spiral Method)
* 4-5: RICE Procedure for Bone, Joint, and Muscle Injuries
* 4-6: Applying an Arm Sling
 | 1 hr |
| Chapter 5: Sudden Illnesses | * Asthma
* Severe Allergic Reactions (Anaphylaxis)
* Heart Attack
* Stroke
* Fainting
* Seizures
* Diabetic Emergencies
* Pregnancy Complications
 | * Lecture: Sudden Illnesses
* Lecture: Shock and Anaphylaxis
* Lecture: Cardiovascular Emergencies
* Skill: Using an Epinephrine Auto-Injector
 | * 5-1: Using an Inhaler Without a Spacer
* 5-2: Using an Inhaler With a Spacer
* 5-3: Using an Epinephrine Autoinjector
 | 1 hr |
| Chapter 6: Environmental Emergencies | * Heat-Related Emergencies
* Cold-Related Emergencies
* Poisoning
* Drug Emergencies
* Opioids
* Nonopioids
* Poison Ivy, Poison Oak, and Poison Sumac Reactions
* Animal Bites
* Snake and Other Reptile Bites
* Arthropod Bites and Stings
* Marine Animal Injuries
 | * Lecture: Heat-Related Emergencies
* Lecture: Poisoning
 | None | 1 hr |
| Appendix A: First Aid Supplies | * First Aid Kit Supplies
* Workplace First Aid Kit Supplies
 | None | None | 5 min |
| Appendix B: Emergency Rescues, Moves, and Priorities | * Emergency Rescues
* Emergency Moves
* Prioritizing Multiple Injured People
 | None | None | 10 min |
| Final written exams (optional) |  | None | None | 15 min |
| Wrap Up | * Group Review
* Issue Course Completion Cards
 | None | None | 10 min |

# CPR and AED Only Course (3.5 hours)

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| **Course: CPR and AED Only****Approximate Time: 3.5 hours** |
| **Topic/Chapter** | **Subtopics** | **Videos** | **Skill Checkoff Sheets** | **Length** |
| Chapter 0: Course Introduction | * Welcome
* Getting Acquainted Activities
 | None | None | 15 min |
| Chapter 1: Your Role as a First Aid Provider | * Deciding to Help
 | None | None | 5 min |
| Chapter 2: Actions to Take Before Helping | * Introduction
* Scene Size-Up
* Seeking Professional Medical Care
* Legal Aspects of First Aid
* Preventing Disease Transmission
 | * Skill: Removing Gloves
 | * 2-1: Removing Gloves
 | 10 min |
| Chapter 3: Checking an Injured or Ill Person | * Checking a Person Appearing to be Unresponsive
 | None | * 3-1: Placing an Unresponsive Breathing Person in the Recovery Position
* 3-2: Checking a Person Appearing to Be Unresponsive
 | 5 min |
| Chapter 6: Environmental Emergencies | * Drug Emergencies
* Opioids
 | None | None | 10 min |
| Chapter 7: CPR and AED | * Heart Attack and Cardiac Arrest
* Cardiopulmonary Resuscitation (CPR)
* Adult and Child
* Infant
* Compression-Only CPR
* Airway Obstruction
* Adult and Child
* Infant
* Automated External Defibrillation (AED)
* Review
 | * Lecture: AED Maintenance
* Skill: Adult and Child CPR and AED
* Skill: Infant CPR
* Skill: Chest Compressions
* Skill: Back Blows
* Skill: Abdominal Thrusts
* Skill: Infant Choking
 | * 7-1A: Adult CPR
* 7-1B: Child CPR
* 7-2: Infant CPR
* 7-3: Adult or Child Choking: Back Blows
* 7-4: Adult or Child Choking: Abdominal Thrusts
* 7-5: Infant Choking
* 7-6: Using an AED
 | 2 hr 20 min |
| Final written exams (optional) |  | None | None | 15 min |
| Wrap Up | * Group Review
* Issue Course Completion Cards
 | None | None | 10 min |