***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 |