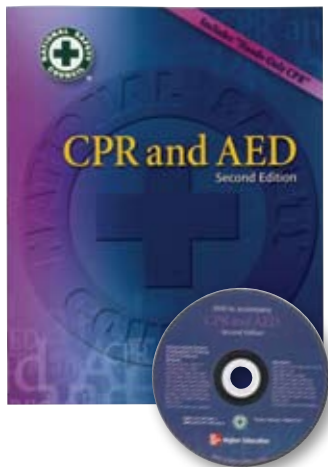




# EMERGENCY CARE

## CPR and AED, Second Edition

### Instructor-led Classroom Course



#### Become an Authorized NSC Instructor

If you have previous emergency care training experience, you can likely be grandfathered in as an authorized NSC instructor.



National Safety Council  
1121 Spring Lake Drive  
Itasca, IL 60143 U.S.A.  
(800) 621-7619  
nsc.org

## Superior CPR and AED training methods that improve CPR skills retention

**Bystander CPR provided immediately after cardiac arrest can double a victim's chance of survival.** This cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED) course equips students with basic life support skills to handle choking, breathing and cardiac emergencies, including using an AED when every second counts.

#### What you'll learn:

- Taking action in an emergency
- Assessing the victim
- Cardiac emergencies
- Basic life support including airway management, breathing and circulation
- Using an AED

#### Course description:

In addition to meeting the most current CPR and emergency cardiovascular care guidelines, this 3 1/4-hour course teaches skills using the most effective training methods. The Video-Self-Instruction (VSI) method has been proven to enhance learning and increase participants' self-confidence. VSI is included on the DVD that accompanies the Student Workbook, for reference and skills retention.

#### Course materials:

##### Student Workbook

- 32 pages with full-color photographs, illustrations and skill demonstrations
- Course DVD with VSI training
- Nationally recognized course completion card

#### Who would benefit:

- Emergency response teams
- Firefighters
- Athletic trainers
- Safety personnel
- Police officers
- Airline employees
- Supervisors
- Ambulance drivers
- Lifeguards



#### CPR and AED Skills Card

Eight-panel, full-color, laminated Skills Card provides a convenient, quick review of CPR and AED skills. It is available with a course completion card for individuals who have completed an NSC CPR and AED course and are looking for refresher training. Or, the Skills Card is available without a course completion card for use as an employee handout.

#### Topics include:

- Acting in emergency situations
- CPR for adults, children and infants
- Preventing disease transmission
- Choking
- Checking the victim
- Recovery position
- Using an AED

For more information on all our emergency care training options, visit [nsc.org/train/ec](http://nsc.org/train/ec), call **(800) 621-7619** or contact your local NSC Chapter.