

Online Standard First Aid, CPR, and AED

Module 1 - Overview.	What is first aid; goals of emergency care; legal aspects of first aid; personal protective equipment; moving a victim (alone and with help).
Module 2 - Finding Out What's Wrong.	Taking action in an emergency; checking the scene; calling 9-1-1, checking the victim (the ABCs and conducting a physical examination).
Module 3 - Basic Life Support.	Cardiovascular disease; cardiac arrest; cardiac chain of survival; rescue breathing; technique of CPR; introduction to AED (automated external defibrillator); choking care in a responsive adult; self-treating choking; choking care in an unresponsive adult; recovery position.
Module 4 - Bleeding and Wound Care.	Bleeding control; general wound care (cleaning and dressing wounds); wound infection; care for specific wounds (impaled objects, amputations, head and face wounds, skull injuries, head wounds without suspected spine injury, blows to the eye, ear injuries, nose bleed, teeth injuries); bandaging; internal bleeding.
Module 5 - Shock.	Causes of and recognizing shock; first aid for shock; causes of and recognizing anaphylaxis; first aid for anaphylaxis.
Module 6 - Burns.	Heat burns (first-, second-, and third-degree burns); first aid for heat burns; chemical burns; first aid for chemical burns; first aid for electrical burns and shocks.
Module 7 - Serious Injuries.	Recognizing and first aid for brain injuries; spinal injuries; first aid for spinal injuries including inline stabilization; first aid for various serious injuries (chest injuries, broken ribs, impaled object, sucking chest wound, closed and open abdominal injuries, pelvic injuries).
Module 8 - Bone, Joint, and Muscle Injuries.	Fractures, dislocations, sprains, muscle injuries (sprains, contusions, cramps); first aid for bone, joint and muscle injuries; types of splints and guidelines for splinting; splinting an arm; applying an arm sling and binder, splinting a leg.
Module 9 - Sudden Illness.	Recognizing and first aid for the following sudden illnesses: heart attack, angina, stroke, respiratory distress, asthma, hyperventilation, seizures, severe abdominal pain, diabetic emergencies, hypothermia, hypoglycemia.
Module 10 - Poisoning.	Recognizing and first aid for the following: swallowed poisons, inhaled poisons, carbon monoxide, poison ivy, oak, and sumak, animal, human, spider and tick bites, bee and wasp stings.
Module 11 - Cold and Heat Emergencies.	Recognizing and first aid for frostbite, hypothermia, heat cramps, heat exhaustion, heatstroke.
Post-Assessment.	Randomly selected multiple-choice questions.

Standard First Aid and CPR

Overview Of Courses By Topic	Instructor's Manual	Standard First Aid and CPR	
	Lesson Plan	Workbook Lesson	Suggested Length
Course Introduction			10 minutes
Basic Life Support (Adult): CPR Rescue breaths Choking (unresponsive) AED	1	1	85 minutes
Acting in an Emergency	2	2	15 minutes
Check the Victim	3	3	10 minutes
Recovery Position	4	4	10 minutes
Choking (responsive victim)	5	5	10 minutes
Heart Attack and Chest Pain	6	6	10 minutes
Preventing Disease Transmission	7	7	5 minutes
Bleeding and Wound Care	8	8	20 minutes
Shock	9	9	10 minutes
Burns	10	10	10 minutes
Serious Injuries	11	11	20 minutes
Bone, Joint, and Muscle Injuries	12	12	20 minutes
Sudden Illness	13	13	15 minutes
Poisoning	14	14	10 minutes
Cold and Heat Emergencies	15	15	10 minutes
Rescuing and Moving Victims	16	16	5 minutes
Final written examination			40 minutes
SUGGESTED COURSE LENGTH			Adult only: 5-1/4 hours

Standard First Aid, CPR and AED

Overview Of Courses By Topic	Instructor's Manual	Standard First Aid, CPR, and AED	
	Lesson Plan	Workbook Lesson	Suggested Length
Course Introduction			10 minutes
Basic Life Support (Adult): CPR Rescue breaths Choking (unresponsive) AED	1	1	100 minutes
Acting in an Emergency	2	2	15 minutes
Check the Victim	3	3	10 minutes
Recovery Position	4	4	10 minutes
Choking (responsive victim)	5	5	10 minutes
Heart Attack and Chest Pain	6	6	10 minutes
Preventing Disease Transmission	7	7	5 minutes
Bleeding and Wound Care	8	8	20 minutes
Shock	9	9	10 minutes
Burns	10	10	10 minutes
Serious Injuries	11	11	20 minutes
Bone, Joint, and Muscle Injuries	12	12	20 minutes
Sudden Illness	13	13	15 minutes
Poisoning	14	14	10 minutes
Cold and Heat Emergencies	15	15	10 minutes
Rescuing and Moving Victims	16	16	5 minutes
Final written examination			40 minutes
SUGGESTED COURSE LENGTH			Adult only: 5½ hours

CPR/AED

Overview Of Courses By Topic	CPR and AED	
	Workbook Lesson	Suggested Length
Course Introduction		10 minutes
Basic Life Support (Adult): CPR Rescue breaths Choking (unresponsive) AED	1	100 minutes
Acting in an Emergency	2	15 minutes
Check the Victim	3	10 minutes
Recovery Position	4	10 minutes
Choking (responsive victim)	5	10 minutes
Heart Attack and Chest Pain	6	10 minutes
Preventing Disease Transmission	7	5 minutes
Bleeding and Wound Care	-	-
Shock	-	-
Burns	-	-
Serious Injuries	-	-
Bone, Joint, and Muscle Injuries	-	-
Sudden Illness	-	-
Poisoning	-	-
Cold and Heat Emergencies	-	-
Rescuing and Moving Victims	-	-
Final written examination		25 minutes
SUGGESTED COURSE LENGTH		Adult only: 3 hours and 15 minutes

First Aid

Overview Of Courses By Topic	First Aid	
	Workbook Lesson	Suggested Length
Course Introduction		10 minutes
Basic Life Support (Adult): CPR Rescue breaths Choking (unresponsive) AED	-	-
Acting in an Emergency	1	15 minutes
Check the Victim	2	10 minutes
Recovery Position	3	10 minutes
Choking (responsive victim)	4	10 minutes
Heart Attack and Chest Pain	5	10 minutes
Preventing Disease Transmission	6	5 minutes
Bleeding and Wound Care	7	20 minutes
Shock	8	10 minutes
Burns	9	10 minutes
Serious Injuries	10	20 minutes
Bone, Joint, and Muscle Injuries	11	20 minutes
Sudden Illness	12	15 minutes
Poisoning	13	15 minutes
Cold and Heat Emergencies	14	10 minutes
Rescuing and Moving Victims	15	5 minutes
Final written examination		25 minutes
SUGGESTED COURSE LENGTH		3 hours and 40 minutes