

## Course Timings: First Aid, CPR & AED courses

Module/Topic	NSC First Aid, CPR & AED	NSC CPR & AED	NSC First Aid
Course Introduction	5 minutes	5 minutes	5 minutes
Acting in an Emergency	10 minutes [Optional Content: 10 minutes]	10 minutes [Optional Content: 10 minutes]	10 minutes [Optional Content: 10 minutes]
Preventing Disease Transmission	5 minutes [Optional Content: 2 minutes]	5 minutes [Optional Content: 2 minutes]	5 minutes [Optional Content: 2 minutes]
Check the Victim	10 minutes [Optional Content: 2 minutes]	10 minutes [Optional Content: 2 minutes]	10 minutes [Optional Content: 2 minutes]
Recovery Position	5 minutes	5 minutes	5 minutes
Bleeding and Wound Care	45 minutes [Optional Content: 10 minutes]		45 minutes [Optional Content: 10 minutes]
Shock	10 minutes		10 minutes
Burns	10 minutes [Optional Content: 10 minutes]		10 minutes [Optional Content: 10 minutes]
Bone, Joint and Muscle Injuries	35 minutes		35 minutes
Head and Spine Injuries	20 minutes [Optional Content: 10 minutes]		20 minutes [Optional Content: 10 minutes]
Sudden Illness	45 minutes [Optional Content: 10 minutes]		45 minutes [Optional Content: 10 minutes]
Poisoning and Allergic Reactions	25 minutes [Optional Content: 20 minutes]		25 minutes [Optional Content: 20 minutes]
Cold and Heat Emergencies	10 minutes [Optional Content: 5 minutes]		10 minutes [Optional Content: 5 minutes]
Rescuing and Moving Victims	5 minutes [Optional Content: 5 minutes]		5 minutes [Optional Content: 5 minutes]
CPR and AED	80 minutes (Adult) 20 minutes (Pediatric)	80 minutes (Adult) 20 minutes (Pediatric)	
Choking	10 minutes [Optional Content: 1 minute]	10 minutes [Optional Content: 1 minute]	10 minutes [Optional Content: 1 minute]
Course Exam (optional)	[Optional: 20 minutes]	[Optional: 10 minutes]	[Optional: 20 minutes]
<b>Total Instructional Time</b>	<ul style="list-style-type: none"> <li>• 5 1/2 hours (adult)</li> <li>• 5 hours and 50 minutes (adult and pediatric)</li> <li>• 8 hours (adult, pediatric and all optional content)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 hours (adult)</li> <li>• 3 hours and 20 minutes (adult and pediatric)</li> <li>• 3 hours and 45 minutes (adult, pediatric and all optional content)</li> </ul>	<ul style="list-style-type: none"> <li>• 4 hours and 10 minutes (adult)</li> <li>• 5 hours and 55 minutes (including all optional content)</li> </ul>