

# American Heart Association First

**Start Date: 10/19/2020 7:30 AM**

**End Date: 10/19/2020 1:00 PM**



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## COVID MODIFICATIONS:

To eliminate potential contamination from student-to-student during practical testing, modifications have been made, per American Heart Association guidelines, to forego the demonstration of breathing into practice dummies. Students are still required to demonstrate compressions and will now explain when/where/how breathing is to be performed. Upon successful performance/explanation, AHA cards will be issued. If you have any questions, please contact our Manager of Training & Outreach at 708-449-8604.

The Heartsaver First Aid with CPR and AED Training Course is a small-group, hands-on course designed to teach you to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. The course provides a complete health and safety solution for First Aid, Adult CPR and AED. The First Aid component of this course prepares students to recognize and react to common situations such as low blood sugar, bleeding, broken bones and sprains, seizures, strokes, insect bites and stings, and temperature related injuries. The CPR and AED component of this course prepares students to recognize the signs of sudden cardiac arrest, when to activate the EMS system, and how to perform CPR. Students will become familiar with an Automatic Electronic Defibrillator (AED) and how to successfully operate an AED in an emergency.

By the end of this course, participants will be able to:

Perform manual CPR

Administer the use of an AED machine

Administer first aid techniques

Recognize signs of emergencies in adults