

# American Heart Association First

**Start Date: 3/23/2020 7:30 AM**

**End Date: 3/20/2020 1:00 PM**



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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 emergency in adults

**Target Audience:** Anyone, regardless of their trade, position or responsibilities, will benefit from learning the life-saving skills taught in this class. Anyone assigned to respond to emergencies in the workplace or community will benefit, as well as those who simply want to learn First Aid, CPR and AED skills. Some employers may require this course in order to comply with OSHA regulations.

**Language:** This course is taught in English. It is also offered in Spanish. For Spanish language date availability, please see [American Heart Association First Aid/CPR/AED, Spanish](#)