

# Training Content

## Day 1: BLS and CPR AED

<b>Registration</b>
<b>Lesson 1: Course Introduction</b>
<b>Lesson 2: 1-Rescuer Adult BLS</b> Part I: Adult Chain of Survival Part II: Scene Safety and Assessment Part III: Adult Compressions Part IV: Pocket Mask Part V: 1-Rescuer Adult BLS
<b>Lesson 3: AED</b>
<b>Lesson 4: 2-Rescuer Adult BLS</b>
<b>Break</b>
<b>Lesson 5: Child BLS</b> Part I: Pediatric Chain of Survival Part II: Child BLS
<b>Lesson 6: Infant BLS</b> Part I: Infant BLS Part II: Infant Compressions
<b>Lesson 7: Adult and Child Choking</b> Part I: Relief of Choking in a Responsive Adult or Child Part II: Relief of Choking in an Unresponsive Adult or Child
<b>Lesson 8: Infant Choking</b> Part I: Relief of Choking in a Responsive Infant Part II: Relief of Choking in an Unresponsive Infant
<b>LUNCH</b>
<b>Lesson 9: Practice</b>
<b>Lesson 10: Adult CPR and AED Skills Test</b>
<b>Lesson 15: Infant CPR Skills Test (Optional)</b>
<b>Lesson 16: Remediation</b>
<b>End of Training</b>

## DAY 2: First Aid

<b>Registration</b>
<b>Lesson 1: Course Introduction</b>
<b>Lesson 2: First Aid Basics: Duties and Key Steps</b> Part I: Duties, Roles, and Responsibilities of First Aid Rescuers Part II: Universal Precautions and Exposure to Blood Part III: Removing Protective Gloves
<b>Lesson 3: First Aid Basics Summary</b>
<b>Lesson 4: Medical Emergencies</b> Part I: Breathing Problems Part II: Choking Part III: Allergic Reactions Part IV: Heart Attack, Fainting, Diabetes and Low Blood Sugar, Stroke, and Seizure
<b>Break</b>
<b>Lesson 5: Injury Emergencies</b> Part I: External Bleeding Part II: Controlling Bleeding and Bandaging Part III: Wounds Part IV: Internal Bleeding Part V: Head, Neck, and Spine Injuries Part VI: Fracture and Sprains Part VII: Burns and Electrical Injuries
<b>LUNCH</b>
<b>Lesson 6: Environmental Emergencies</b> Part I: Bites and Stings Part II: Heat-Related Emergencies Part III: Cold-Related Emergencies Part IV: Poison Emergencies
<b>Lesson 7: Special consideration</b>
<b>Lesson 8: Skill assessment (Practical Test)</b>
<b>Lesson 9: Course Conclusion</b>